



Moving toward Breastfeeding your Baby

If you are partially breastfeeding, continue and contact a La Leche League Leader or lactation consultant for help.

- Increase nursing to 8-12 breast feedings in a 24-hour period. Expect baby to be hungry every 1-2 hours.
- Give formula supplement with a **small cup or the drip-drop method** rather than a bottle.
- Watch diapers for signs of baby receiving more breastmilk. Stools will become more yellowish, looser, and softer the more breastmilk is present.
- Avoid pacifier use. If baby needs to suck, offer breast again.
- Lots of holding: skin to skin, bathing together, wearing baby in front carrier or sling against bare chest, as close to continuously as possible.

If you stopped breastfeeding in the past 2-6 weeks, it is possible to start again.

- **Contact** a La Leche League Leader or lactation consultant for help!
- Feed baby with a **cup or the drip-drop method**, not a bottle, using formula that you have.
- Offer the breast to the baby. See if baby will take the breast for comfort nursing. If baby latches at all, this is helpful. It's not about the milk **yet**.
- Lots of skin to skin, bathe with the baby, wear in a sling or front carrier against bare skin.
- If baby will not comfort nurse at the breast, offer a clean finger with pad against the roof of baby's mouth instead of a pacifier.
- Keep baby's primary care provider and your lactation consultant closely informed along the way during this process. Ask for signs where they would want an immediate call.
- *If you are using hormonal birth control, it may interfere with getting your milk back.*

If it has been longer than 6 weeks since you stopped breastfeeding, or if you have never breastfed, it **may** be possible to relactate or induce lactation, but it presents more challenges. Contact a La Leche League Leader or lactation consultant and try the suggestions above.

More resources on next page



Relactation on the LLLI website

<https://www.llli.org/breastfeeding-info/relactation/>

Milk banks and milk sharing on the LLLI website

<https://www.llli.org/breastfeeding-info/milk-donation/>

Cup Feeding a baby

<https://www.llli.org/cup-feeding/>

Drip-Drop method of feeding at breast

<https://www.llli.org/drip-drop-feeding/>

To find an Internationally Board-Certified Lactation Consultant (IBCLC) near you

<https://uslca.org/resources/find-an-ibclc/>

To find an Accredited La Leche League Leader near you

<https://www.llli.org/get-help/>

Thanks to Linda J. Smith, MPH, IBCLC for sharing her article and information on this topic.

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Professional Liaison Department Administrator, La Leche League Alliance, May 2022