Increasing Milk Production/Re-Lactation Guidance

1. If you are partially breastfeeding, offer feedings more often to increase milk production (8-12 feedings, hand expression, or pumping sessions) every 24 hours.

2. Consider relactation. Relactation is the process by which a parent reestablishes lactation after having stopped for some time (weeks or even months). More information: [CDC Guidance Supporting Families with Relactation](#).

3. If you’re interested in starting to breastfeed and/or increasing your breastmilk production, talk with your healthcare provider about a referral to a breastfeeding expert (lactation consultant). Breastfeeding experts can be found at these breastfeeding medicine clinics in Virginia.
   - **Children’s Hospital of Richmond Lactation Clinic**: 804-828-CHOR (2467)
   - **Children’s Hospital of the King’s Daughters Breastfeeding Medicine**: 757-668-6984
   - **Inova Breastfeeding Medicine**: 571-419-5640
   - **University of Virginia Breastfeeding Medicine Clinic**: 434-924-0000

Additional Resources:
- [Academy of Breastfeeding Medicine Statement on shortage of breastmilk substitutes](#)
- [USLCA’s Find An IBCLC® Directory](#)
- [Find A Lactation Consultant](#)