

# Relactation Quick Reference Guide

- Explain why it would help her infant to breastfeed exclusively, and what she needs to do to increase her breast milk supply. Explain that it takes patience and perseverance
- Build her confidence. Help her to feel that she can produce enough breast milk for her child. Try to see her and talk to her often every day if possible
- Make sure that she has enough to eat and drink.
- Encourage her to rest more, and to try to relax when she breastfeeds
- Explain that she should keep her child near her, give him plenty of skin-to-skin contact and do as much as possible for the baby herself. Grandmothers and other family members can help if they take over other responsibilities, but they should not care for the child at this time.
- Explain that the most important thing is to let her infant suckle more, at least 8 to 10 times in 24 hours, more if he is willing. Sometimes it is easiest to get an infant to suckle when he is sleepy.

Allow suckling longer than before at each breast

Allow suckling whenever baby is interested

Keep baby with relactating parent and breastfeed at night

Offer breasts every 2 hours

- Discuss how to give other milk feeds, while waiting for breastmilk to flow, and how to reduce the breastmilk substitute as MOM increases.
- Show how to give the other feeds from a cup; pacifier use should be discontinued.

*If a child is still breastfeeding sometimes, the breast milk supply increases in a few days. If a child has stopped breastfeeding, it may take one to two weeks or more before much breastmilk comes.*

