



TEN STEP TUESDAY

“Will Lactation Cookies help my milk supply?”

It's Ten Step Tuesday!

As you may have noticed, the number of lactation cookie recipes on Instagram and Pinterest is astounding!

So do they improve milk production? Sadly, they are not likely to have much of an impact. Cookies or not, a healthy, varied diet rich in whole grains will help support good milk supply. Frequent, effective milk removal is the primary driver of milk production. Parents who ask this question should be advised to eat when they are hungry; drink when they are thirsty and keep moving milk 8+ times per day. That's the best recipe for a good milk supply.



Ingredients

- 3 lbs on-demand nursing
- 2 lbs skin-to-skin
- 2 c determination
- 1 c knowledgeable support (as needed)

**IF YOU WANT A
COOKIE, EAT A
COOKIE, BUT
YOU DON'T
NEED SPECIAL
COOKIES TO
MAKE ENOUGH
MILK FOR
YOUR BABY.**

Directions

TO BUILD SUPPLY:

Mix skin to skin with generous serving of on-demand nursing. Start early and often.

"Milk removal is especially important during the first two to three weeks because that's when your milk production capability is established...The more milk you remove during the early weeks, the more milk you'll be able to make for this baby." WAB p.23

TO KEEP SUPPLY:

Keep baby close, and keep milk flowing. Listen to early feeding cues like rooting or bringing hands to mouth rather than waiting for baby to cry. Try not to limit time at the breast or follow a rigid schedule as many people need to nurse more than every 2-3 hours to keep up their supply. WAB p.122



BREASTFEEDING SUPPORT
LA LECHE LEAGUE OF FAIRFAX CITY

For more information contact

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