

HOW DO I MAKE ENOUGH MILK FOR MY BABY?

Milk supply goes up when you

- ***Feed only breastmilk.***
- ***Breastfeed more often. The more you breastfeed the more milk you will make.***



You can do it!

Breastmilk is the best gift for your baby.

Milk supply goes down when you

- ***Add formula or other liquids.***
- ***Skip or delay breastfeeding.***

For breastfeeding questions call 1-855-550-6667
or visit breastmilkcounts.com.



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