

More Milk Out Equals More Milk Made

Fluid intake, diet, and rest have little to no effect on milk supply. Draining the breasts is what sends a mother's body the message to make more milk. The more times each day a mother fully drains her breast, the more milk she produces.

Breastfeeding patterns can differ greatly among breastfeeding babies. The amount of milk a mother's breasts can comfortably hold can have a major effect on how a baby breastfeeds.

The Seven Natural Laws of Breastfeeding

6

1. Babies are Hardwired to Breastfeed
2. Mother's Body is Baby's Natural Habitat
3. Better Feat and Flow Happen in the Comfort Zone
4. More Breastfeeding at First Means More Milk Later
5. Every Breastfeeding Couple Has Its Own Rhythm
6. **More Milk Out Equals More Milk Made**
7. Children Wean Naturally



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