

Low Milk Supply Checklist



- My baby struggles with latching or nursing
- I have nipple pain and damage
- I suspect or know my baby has a tongue tie
- I pump or nurse less than 8 times per day
- I do not nurse or pump at night
- I use a feeding schedule
- I replace feedings with formula or donor milk
- My baby frequently uses a pacifier
- I limit the length of feedings
- I think my pump flanges are the wrong size.
- I consume less than 1500-1800 calories per day
- I am using hormonal contraception
- I regularly consume alcohol or nicotine-containing products
- I stopped expressing my milk at one point in time



If you checked any of these boxes, you have **secondary risk factors** for low milk supply. Typically, these can be addressed by changing your breastfeeding management. A lactation consultant can help you sort out how to improve your situation.



If you checked any of these boxes, you have **primary risk factors** for low milk supply and should seek out a consultation with a lactation consultant to optimize your chances of breastfeeding success. If you also have secondary risk factors it will be important to eliminate as many of those as possible to better support lactation.

- I am pregnant
- I have had breast surgery (implants, reduction, biopsy, etc.)
- I have had a chest injury or surgery involving my chest
- I have had a spinal cord injury or surgery
- I have been told I have Hypoplastic Breasts
- I have been told I have Insufficient Glandular Tissue
- One of my breasts is significantly smaller than the other
- I have a flat wide space between my breasts
- I had little to no changes to my breasts during pregnancy
- I had little to no changes to my breasts in the first week
- I have Diabetes Type 1 or 2
- I have a history of gestational diabetes
- I have been diagnosed with an eating disorder
- I have undergone gastric bypass surgery