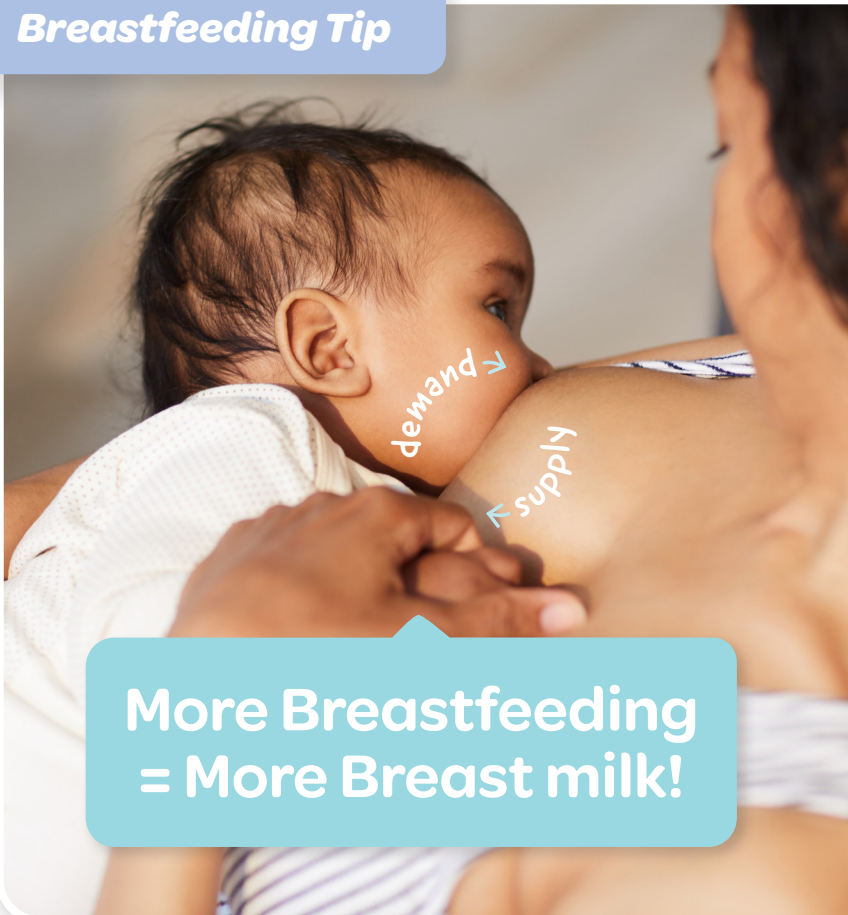


## Breastfeeding Tip



More Breastfeeding  
= More Breast milk!

The amount of milk you make  
is called your milk supply.

Every time you breastfeed, your body gets a message to make more breast milk. If you miss a feeding, your body will not get the important message to make more.

**Breastfeed every time your baby shows signs of hunger.** If you do have to miss a feeding, express breast milk using hand expression or a breast pump.



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