

Milk Supply

Milk Supply is a collection of recent articles in one convenient volume. Health care providers will find the latest insights from thought leaders on the following issues related to milk supply.

- “The Magic Number” teaching concept to help mothers maintain their milk supplies while pumping
- Breast massage and compression to help mothers increase breast milk yields and overcome breastfeeding difficulties
- New, more-conservative guidelines on the use of galactagogues
- Fenugreek, milk volume, and prolactin levels in mothers of preterm infants
- The safety and efficacy of placenta consumption as a galactagogue
- Preparation, cleaning, and sterilization of breast pump parts
- Appropriate use of nipple shields to improve breastfeeding outcomes
- The importance of the mother-infant relationship in babies’ growth and development



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