
**Normal Milk Production and Weight Loss After Birth**


Kent, J.C., Prime, D.K., & Garbine, C.P. Principles for maintaining or increasing breast milk production. *JOGNN* 2012; 41: 114-121.


**Delayed Secretory Activation (Lactogenesis II): Birth & Other Risk factors**


Concerns about Low Milk Production  
Nancy Mohrbacher, IBCLC, FILCA


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Supplementation


Breast Pumping


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**Galactogogues**


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Sakha, K., & Behbahan, A. G. (2008). Training for perfect breastfeeding or metoclopramide: which one can promote lactation in nursing mothers? *Breastfeeding Medicine, 3*(2), 120-123.


**Websites**

[http://newborns.stanford.edu/Breastfeeding/](http://newborns.stanford.edu/Breastfeeding/) Stanford School of Medicine website with videos on hand expression and hands-on pumping