

RELAXATION CAN HELP YOU MAKE MORE MILK 🎵



MUSIC AND MILK PRODUCTION

Listen to music anytime you are breastfeeding or expressing milk

Choose calming music and play at a level that allows you to attend to your infant's feeding cues

RESEARCH HAS SHOWN MUSIC:

Increases relaxation by reducing anxiety and stress

Increases breast milk production by stimulating the release of oxytocin, the let-down hormone, and endorphins

Increase sleeping duration for mother and infant by decreasing stress levels in mothers

For the information associated with this infographic, please see below:

Shukri, NHM, Wells, J, Eaton, A, Mukhtar, F, Peletin, A, Jenko-Pražnikar, Z et al. Randomized controlled trial investigating the effects of a breastfeeding relaxation intervention on maternal psychological state, breast milk outcomes, and infant behavior and growth. *Am J Clin Nutr.* 2019 Jul;110(1):121-30.

Düzzgün, VM and Özer, Z. The effects of music intervention on breast milk production in breastfeeding mothers: A systematic review and meta-analysis of randomized controlled trials. *J Adv Nurs.* 2020;76(12):3307-16.