

Temporary Breastfeeding Plan

Supplementing Your Baby

If your baby needs to be supplemented, give **your** expressed breastmilk as often as possible. Feed your baby 8 to 12 times in 24 hours. Watch your baby for hungry and satisfied cues. Below are the recommended supplementation amounts. If your baby is hungry after taking this supplement, you'll need to give your baby more.

Newborn Age	Amount * (≥ 5 feeds and cluster feeding for the first 24 hours and then minimum of 8 feeds per 24 hours)
First 24 hours	2 - 10 ml /feed
24 - 48 hours	5 - 15 ml/feed
48 - 72 hours	15 - 30 ml/feed
Day 4 - 7	30 - 60 ml/feed
Day 8 - 21	60 - 90 ml/feed
Day 22 and older	90 - 150 ml/feed

Readiness to Feed

Keep your baby skin to skin or near you and watch for signs of being hungry

- Smacking lips, sucking with their mouth, and searching with an open mouth
- Bringing hands to mouth and sucking on hands or fists
- Turning head side to side when cheeks are touched

Crying is a late sign of hunger. Try to feed before your baby cries.

If your baby needs help waking:

- undress your baby
- place your baby skin-to-skin on your chest
- massage your baby's back and hands
- talk to your baby
- change your baby's diaper



How will I know if my baby is getting enough milk:

When your baby is feeding more effectively and getting more milk while at the breast you may reduce the amount of supplement you are giving. Here are some indications that your baby is getting enough milk.

Your baby will:

- Actively feed with a steady sucking, swallowing and pause pattern
- Be alert, but relaxed while feeding
- Feed at least 8 times in 24 hours
- Baby relaxed after a feed or falls asleep at the breast after lots of swallows
- Right number of wet and dirty diapers for day of age
- Start to gain weight after 5 days of age
- Be back to their birthweight by 2 weeks of age

Pumping or Manual Expression

Until your baby is breastfeeding well and no longer needs a supplement you will need to use an electric breast pump and hand express breastmilk to establish a milk supply and feed your baby

- Pump or express at least 8 times a day after each feed baby has been given supplement
- Pump each breast for 10-15 minutes
- Pump or express at least once at night as this increases milk production

Supplementing by Pace Feeding

If bottle feeding, use a slow-flow, straight nipple and put your baby in a side-lying or upright seated position

- Touch the nipple to your baby's lips to encourage your baby's mouth to open wide before latching onto the bottle
- Hold the bottle so the nipple is half-full of milk
- When your baby needs a break, tip the bottle down to empty the nipple. Burp often.
- When your baby's ready, partly fill the nipple so your baby will take the bottle again

Comments _____

If you have any questions or need more information go to the website healthyparentshealthychildren.ca or phone the Early Start Line at 403.244.8351 (in Calgary) or 811 (outside of Calgary).



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