

Feeding your Baby

All babies need to eat frequently to gain weight.

When offering a bottle, it is important to:

- Use paced bottle-feeding techniques.
(See the "Let your baby set the pace" handout)
- Follow baby's hunger/fullness cues. Baby may not finish the entire bottle.
- Keep track of baby's wet and dirty diapers.
(See the back page)

If breastfeeding:

- Continue to breastfeed. (See next page)
- Supplement each feeding with pumped breastmilk or formula until you talk with the lactation consultant or your doctor.

After breastfeeding, supplement with breastmilk or formula:

Babies up to 3 days old	1 ounce or more every 2-3 hours
Babies 4 days and older	2 ounces or more every 2-3 hours

If not breastfeeding:

- Attempt to burp baby, and observe for hunger/fullness cues, if baby stops sucking/swallowing or falls asleep while feeding.

Offer a bottle of formula:

Babies up to 3 days old	1 ounce or more every 2-3 hours
Babies 4 days and older	2 ounces or more every 2-3 hours

How to supplement with 1-ounce formula:

- Make a 2oz bottle, remove 1oz and save for a later feeding, offer 1oz.
(See "When you Feed Me Formula" handout for formula preparation and storage guidelines)

Supplementing your Breastfed Baby

Breastfeed first even though you will be supplementing your baby with pumped breastmilk or formula

- Hold your baby skin to skin.
- Breastfeed 10 or more times in 24 hours & when baby shows hunger cues:
 - Baby brings hands towards mouth
 - Opens mouth
 - Looks around
- Latch baby & watch for active feeding.
 - Periods of sucking and swallowing followed by short pauses
- If baby stops sucking and falls asleep, wake baby up by:
 - Removing baby's clothes and blankets
 - Touching or moving baby's hands, feet or face
 - Holding baby in an upright position
 - Talking to baby
 - Burping baby
- Repeat the process on the other breast.
 - If baby is awake and alert enough to continue breastfeeding
- Offer your baby a bottle after breastfeeding.
 - Baby may not finish the bottle
 - Use paced bottle-feeding techniques
- Look for signs of fullness:
 - Hands open
 - Baby looks more relaxed
- Pump to increase supply & collect milk to offer your baby.
 - Use stored breastmilk before supplementing with formula.
 - It is common to pump very small amounts the first few days.

Any amount of breastmilk is good for your baby!

***Remember, this is a temporary plan.
We will work with you to meet your
breastfeeding goals!***