

Feeding Plan for Baby

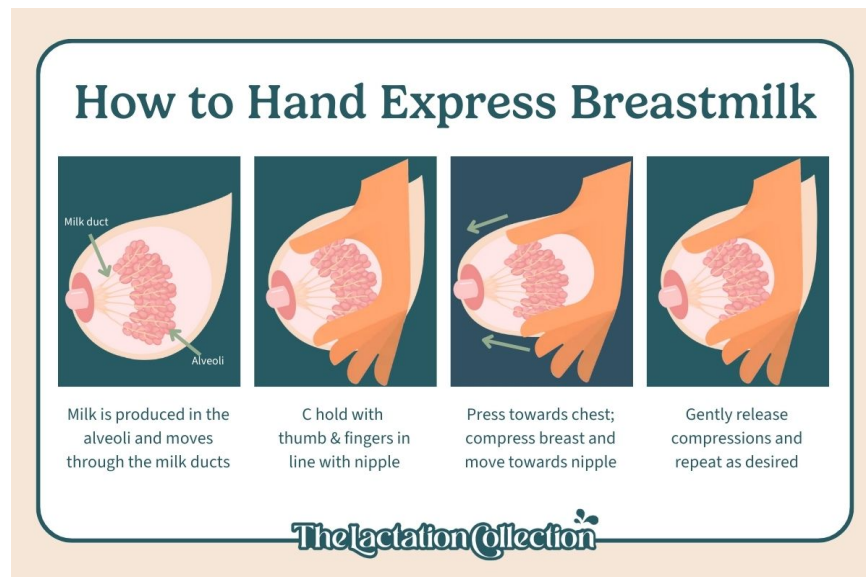
Your doctor has asked you to start a feeding plan to ensure that your baby has adequate weight gain and stays healthy. This may involve supplementing your breastfeeding for a short period until we can help you achieve a full milk supply, if that is your goal.

For babies remember that 'food is medicine' and 'fed is best' no matter if it is breastfeeding, pumped breast milk, human donor milk, or formula. We support all of our patients regardless of feeding choices and want to help you and your baby be healthy.

Baby needs to be fed a minimum of every 2-3 hours until they are above birth weight. A baby that has lost too much weight or is gaining poorly can become sleepy and will not naturally wake themselves to feed. Until your baby has regained their birth weight make sure you wake them to feed every 3 hours.

1. If you are breastfeeding, feed baby from the breast first

- Typically this is a minimum of **10 minutes per breast side**. You can feed baby for longer if they are making good effort and suck/swallowing regularly.
- You can help your baby maximize the transfer of milk by using **hand expression** while you are breastfeeding. Place your hand in a 'C' shape, a few centimeters from the nipple, push your fingers towards your chest then squeeze your breast tissue. Be



careful not to pull your breast out of baby's mouth - holding baby firmly against your chest will help.

- If your baby tends to become sleepy at the breast you can help them be more awake by getting them naked for feeds or changing their diaper between breasts.

- Your doctor may also suggest doing **switch nursing** - feeding 5 minutes a side and alternating between breasts. This allows baby to benefit from the faster flow during let down which can help them keep up their efforts, and transfer more milk from the breast. For example - Right breast 5 mins - Left breast 5 mins - Right breast 5 mins - Left breast 5 mins.

2. After breastfeeding your doctor may suggest giving baby a top up

- A top up is giving your baby extra volume of breast milk/human donor milk/formula so that they have enough calories to grow until they are strong enough, coordinated enough, or your milk supply increases.
- Top ups can be given by bottles, or by cup

Give baby ____ mL, ____ times a day / after every feed

- Bottles - to maximize success of full breast feeding we suggest:
 - **Dr Brown's Bottles with Preemie nipple**
 - (we have no affiliation with the company, according to our lactation consultants these are the best bottles with slow flow to mimic baby's effort on the breast)
- Cup feeding - small volumes can be given to your baby via a cup held to baby's lips (30mL medicine cups from the pharmacy work well). Gently tip the milk towards baby's mouth and they will lick the milk

<https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=ue5324>

<https://youtu.be/X2t57eNGMEs?si=s5P87PeIkoJ3Tt0v>

3. After feeding pump both breasts

- After feeding your baby, or while a support person is giving your baby a top up you can pump to help maintain or increase your milk supply. Always pump IMMEDIATELY AFTER feeding your baby so your milk can re-produce before the next feed.
- **Baby feeding AND pumping is like 'putting in the order' for how much milk you need to make.**

Pump both breast for 10 minutes a side ____ times a day / every ____ hours

- Use an electric pump that can pump both breasts at the same time for efficiency. Hospital grade rental pumps are available at most pharmacies in Calgary. Be sure to purchase a second breast kit so you can pump both breasts at once.

***Ensure you have the correct size **breast shield/flange** (the plastic cup that sits against your breast) for your nipple size. Every brand of pump will have a size chart to determine which size flange you should use. Too big or too small can cause pain, and will not drain your breast well.