

Late Preterm Infant

A Late Preterm Infant (LPI) is a baby born a little early, around 36–37 weeks gestation. LPIs often have difficulty latching and breastfeeding effectively because they have lower muscle tone and less cheek fat, and they get tired easily. Your baby will need a little extra help during the first few weeks to be sure they are getting enough to eat. Also, you'll need to do some extra work to be sure you are establishing a healthy milk supply.

Sleep/Feeding Cycle

Your LPI is likely very sleepy and needs to rest to save up their energy stores. Feeding every 2–3 hours is best so that your baby can rest between feedings. It is ok for your baby to go up to one stretch of 4 hours between feedings in a 24-hour period. There is no need to wake your baby every 1–2 hours to feed.

Nipple Shield

A nipple shield can be helpful for your LPI to create stronger suction and remove more milk from your breasts. We recommend a Medela Contact Nipple shield size S (20 mm) or M (24 mm).

Feeding your Late Preterm Infant

1. First, offer baby your breasts. Limit this feeding to 10–15 minutes max per breast so your baby doesn't get too tired.
2. Then, feed your baby expressed colostrum, pumped breast milk, or formula via the guidelines provided on page 2. Use paced bottle-feeding technique. If your baby fed from both breasts, offer the lower end of the range (or slightly below the lower end). If your baby fed from one breast only, offer the lower end of the range.
3. If your baby is particularly tired, uninterested in breastfeeding, or difficult to latch, you can skip the breastfeeding part and simply feed the bottle. You do NOT need to latch your baby at every feeding.

Baby's Age	Baby's Total Intake per feeding (at least 8 in 24 hours)	Minimum Output
0-24 hours	2-10mL (via spoon)	1 pee, 1 poop (meconium)
24-48 hours	5-15mL (via spoon or finger feeding)	2 pees, 2 poops
48-72 hours	15-30mL (0.5-1 oz.)	3 pees, 3 poops
72-96 hours	30-45mL (1-1.5 oz.)	4 pees, 3 poops (transitional stool)
5-7 days	45-60mL (1.5-2 oz.)	5 pees, 3 poops (yellow, seedy)
1-2 weeks	60mL (2 oz.)	5 pees, 3 poops (yellow, seedy)
2-3 weeks	60-90mL (2-3 oz.)	5 pees, 3 poops (yellow, seedy)
3-4 weeks +	75-120mL (2.5-4 oz.)	5 pees, 3 poops (yellow, seedy)

Promoting and Protecting Your Supply

It is important to pump to promote a healthy milk supply. Use a quality, double electric breast pump or hospital grade breast pump. A hands-free pumping bra will allow you to pump both breasts at the same time.

1. Pump your breasts at least 8 times in a 24-hour period. You can pump both breasts after breastfeeding for 10-15 minutes. These
2. Ideally, you'll pump after breastfeeding (about every 2-3 hours), but you can go one stretch of up to 5 hours overnight between pumping sessions (as long as someone else can feed your baby a bottle during this time.)
3. If your baby does not latch at a feeding, pump both breasts for about 20 minutes. If milk is still flowing after 20 minutes, you can pump for up to 30 minutes.

Follow Up with Lactation Consultant (IBCLC)

Weekly follow ups with an IBCLC are essential to ensure your baby is growing appropriately and you are establishing a healthy milk supply. Your IBCLC will help you gradually transition to direct breastfeeding when you and your baby are ready.