

# Supplementation

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Sometimes, it is recommended to supplement a breastfed baby with pumped breast milk or formula. This does not mean that breastfeeding is over. A well-fed baby will be stronger to breastfeed.

## Reasons to Supplement a Breastfed Baby:

- low blood sugar (determined by doctor or nurses after birth)
- inadequate output (fewer than minimums listed in the chart on reverse)
- greater than 9% weight loss (in the first few days of life)
- slow weight gain (less than 5 oz. per week in the first 4 months of life)
- seeming hungry after breastfeeding sessions (this is a judgement call)
- not back to birth weight by 2 weeks
- baby is born early (before 38 weeks)
- jaundice

### 1. Breastfeed Your Baby

Aim for 8–12 feedings in a 24-hour period, going no longer than 3 hours between feedings.

Breastfeed your baby from both breasts. While breastfeeding, be sure you have a deep latch and watch and listen for swallowing. Use breast compressions to encourage swallowing.

### 2. Supplement Your Baby

Offer your baby expressed colostrum, expressed/pumped breast milk, or infant formula after breastfeeding.

Use paced bottle-feeding technique.

The amount that you should supplement with will vary and can be determined during an in-person consultation. Until we can see you in-person, follow the chart on the back of this page to determine the appropriate total feeding size for your baby based on their age. Consider that your baby may be getting a portion of this feeding at the breast, but don't hesitate to offer the full amount in a bottle if needed. Start with approximately half the recommended feeding amount via supplementation, and if your baby still seems hungry, offer the full amount. We would prefer they get too much rather than too little to eat.

Baby's Age	Total Intake Per Feeding (at least 8 in 24 hours)	Minimum Diaper Output
48-72 hours	15-30mL (0.5-1 oz.)	3 pees & 3 poops
72-96 hours	30-60mL (1-2 oz.)	4 pees & 3 poops
5-7 days	45-60mL (1.5-2 oz.)	5 pees & 3 poops
1-2 weeks	60mL (2 oz.)	5 pees & 3 poops
2-3 weeks	60-90mL (2-3 oz.)	5 pees, poops vary
3-4 weeks +	75-120mL (2.5-4 oz.)	5 pees, poops vary

### 3. Protect Your Milk Supply

Pump your breasts once for each supplemental bottle that you give your baby. For example, if your baby gets 2 supplemental bottles each day, you should pump twice. If your baby gets 4 supplemental bottles each day, you should pump 4 times. If your baby is supplemented after every feeding, you should pump 6-8 times in a 24-hour period.

Use a high quality double electric breast pump. Pump both breasts for about 10-20 minutes and aim to do this within 10-15 minutes of when your baby finishes breastfeeding. Use the highest comfortable suction level while you pump.

*Don't be discouraged* if you don't collect very much milk. This extra pumping is your way of asking your body to make more milk, and *that takes time*. If you do collect milk, you can use that milk to supplement your baby.

### 4. See Us for an In-Person Appointment

We can assess your milk supply, determine which factors are impacting your baby's need for supplementation, and develop a personalized feeding plan for you and your baby.