

On your journey to partially or exclusively breastfeeding your baby you may need to supplement with your own expressed breastmilk, donor breastmilk and/or formula. If you supplement there are things that you can do that will help baby as they learn how to breastfeed. It is very common for babies who are born early or who are underweight to require supplementation. As they get bigger and more mature, they get better at taking milk directly from the breast.

**The nipple that you use should mimic the rate of flow when you breastfeed.** A nipple that is truly 'slow flow' will allow baby to drink at a rate that is similar to what they experience at the breast. A nipple that transfers milk more quickly will change baby's sucking patterns and this may make their suck less effective at the breast. While a lot of nipples will claim to be 'slow flow', they are NOT all created equal. We recommend the Dr Brown's preemie nipple which is sold at many stores (including the pharmacy on the main floor of the Foothills Medical Centre).

**The way that you offer a bottle should mimic the way baby would drink milk at the breast.** You want to position baby and the bottle such that they don't get 'too much, too fast'. You will find a video that demonstrates positioning and technique for bottle feeding if you do a youtube search for: 'paced bottle feeding Staci Kucharczk'.

**Allow your baby to spend the same amount of time feeding from a bottle as they would at the breast.** Newborn feeding sessions, at the breast or bottle, take an average of 15-30 minutes.

**Determine when and how much to supplement baby based on their cues and behaviour.** It is important to 'look at the baby and not at the clock'. How often and for how long your baby feeds will vary. Watch for baby's cues to decide when to offer a feed to baby. Watch and listen to baby at the breast or bottle to determine if and how well they are drinking. Offer a supplement only if baby shows signs that they are still hungry after breastfeeding. The website [globalhealthmedia.org](http://globalhealthmedia.org) has an excellent set of videos about breastfeeding including one titled 'Is Your Baby Getting Enough Milk?'.

**Be aware of normal volumes that newborns need.** At birth your baby's stomach is the size of a dried chickpea. This is why colostrum is low in volume but high in nutrients. Your baby's stomach gradually expands over days to weeks as your baby drinks more. The table below is a guide for supplementation volumes.

**Table 1: Suggested Volumes to Offer for Supplementation of Healthy Term and Late Preterm Breast Fed Newborns**

Suggested Volumes of Breastmilk or Commercial Newborn Formula to Offer for Supplementation to Term and Late Preterm Breastfed Newborns	
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
72 - 96 hours	30 - 60 ml/feed
Day 5 - 7	30 - 60 ml/feed Note: This amount is based on a mother's production versus average newborn intake
Day 8 - 21	60 - 90 ml/feed
Day 22 and older	90 - 150 ml/feed

\*Based on average Range Amounts of Colostrum or Breastmilk Consumed Per Feed