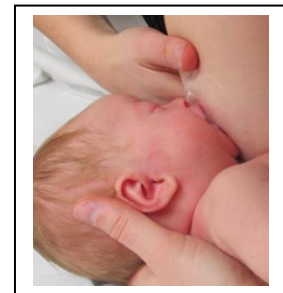


Care Plan for Your Full-term Baby Who is Not Breastfeeding Well or is Supplemented for Medical Reasons

We would like to support you and your baby on your breastfeeding journey. If your baby is not breastfeeding well, it is important that she/he still eats. It may be medically necessary for baby to be given a supplement of your expressed breast milk or infant formula. Do not be discouraged if this happens. A lactation consultant will discuss ways to supplement that are less likely to interfere with breastfeeding. With help and persistence, your baby's ability to breastfeed will improve.

There are several reasons for supplementing a breastfed baby:

- Not breastfeeding effectively (10-30 minute per breast) at least 8 times in 24 hours
- Sleepy for part or entire breastfeeding sessions
- Unable to latch on and breastfeed
- Not having adequate urines and stools (not meeting daily goals)
- Has low blood sugar
- Has significant jaundice
- Has a weight loss of 10% or greater
- You are using a nipple shield to help baby latch on and breastfeed (see *Nipple Shield Care Plan*)



How to support baby while she/he is learning to breastfeed and is being supplemented:

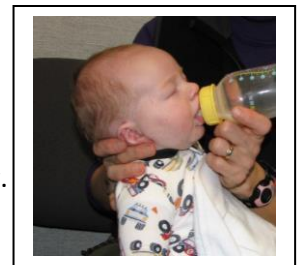
Every 3 hours:

Step 1 - Attempt breastfeeding

- Wake baby for feeding by changing diaper (see *Waking Baby to Breastfeed Techniques below*)
- If baby latches on and begins breastfeeding, continue.
 - Baby should be actively sucking and swallowing at least 10-30 minutes per breast (See *Signs of Effective Breastfeeding below*)
- If sleepy or not interested in breastfeeding after 10-15 minutes, move on to offer a supplement

Step 2 - Offer supplement

- If baby does not breastfeed effectively at least 10-30 minutes per breast, offer a supplement of expressed breast milk or infant formula
 - Ask your baby's doctor how much to supplement at each feeding
 - If baby continues to need a supplement, increase the amount supplemented by small increments of 7-10 mL per feeding each day.
- When supplementing with a bottle, follow the *Care Plan for Bottle Feeding Your Baby*.
- Finish breastfeeding and bottle-feeding session within 30-45 minutes to prevent weight loss.



Step 3 - Express Your Milk with a Breast Pump

- Express your breast milk with the Symphony hospital grade breast pump while in the hospital to stimulate your milk production.
- Continue pumping at home with your own pump while following this care plan.
- Consider renting a Symphony breast pump from medical supply company or pharmacy if your personal pump is not working well.

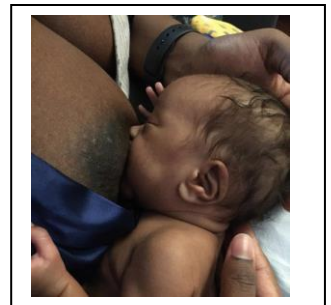


Care Plan for Your Full-term Baby Who is Not Breastfeeding Well or is Supplemented for Medical Reasons

- Follow the *Care Plan for Establishing Milk Production with A Hospital Grade Breast Pump*.
- Check with baby's health care provider about how long to continue supplementing your baby

Signs of Effective Breastfeeding:

- Baby is breastfeeding 8-12+ times in 24 hours (this may be closer to term (40 weeks gestation))
- Breastfeeding sessions are consistently lasting 10-30 minutes per breast
- Baby is sucking and swallowing with his/her jaw dropping and you hear swallows
- Breastfeeding is comfortable for you (no nipple or breast pain)
- Baby appears to be satisfied after breastfeeding and does not become hungry sooner than the next feeding in 2-3 hours
- If baby cues to feed earlier than 3 hours due to hunger, he/she still needs some supplement after breastfeeding



Waking Baby to Breastfeed Techniques

- Remove clothing and blankets except for diaper
- Gently rock baby back and forth like doing sit ups (bent at hips not at waist)
- Gently roll baby side to side (your hands and your arms support baby's head and body)
- Stroking upward on baby's back or sides of ribs
- Gentle bicycling motions with arms and legs
- Change diaper before and/or between breasts
- **Babies should NOT be shaken to waken**



Breastfeeding and low milk production:

- If your milk production is low and you are not able to make enough to meet baby's intake needs when breastfeeding, you will need to continue offering a supplement afterwards
- For assistance in building your milk production, speak with a lactation consultant at the TriHealth Breastfeeding Care Center by calling 513-862-7867

Confirm that your baby is breastfeeding effectively before you stop pumping and giving your milk in a bottle. Do this by:

- Requesting a weight check at your baby's doctor to ensure that baby is gaining appropriately
 - Weight gain is typically $\frac{2}{3}$ -1 oz per day and should continue after supplemental bottles are no longer taken
- Schedule an appointment lactation consultant at the TriHealth Breastfeeding Care Center (513-862-7867, press option 3) for assistance and to make changes in your breastfeeding plan as needed
- Continue to pump after breastfeeding until baby has transitioned to full breastfeeding in order to maintain your milk production



If you are feeling unsure about your care plan or overwhelmed, please call a lactation consultant at the TriHealth Breastfeeding Care Center (513-862-7867, press option 3). We are happy to assist you!