



Care Plan for the Full-Term Baby Who Is Not Breastfeeding Well or Supplemented for Medical Reasons

When a Breastfeeding Baby Is Supplemented

If your baby is not breastfeeding well for some reason, it is important that he still eats. It may be medically necessary for your 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. (This may be with a syringe, bottle, or cup.) With help and persistence, your baby's ability to breastfeed will improve.

It is important to begin pumping when your baby is given a supplement. If your baby isn't breastfeeding effectively, you will need to continue removing milk from your breasts frequently and effectively with a breast pump. This will help you to establish and maintain your milk production so that you can breastfeed when your baby is able. Plan to rent a hospital-grade breast pump if baby is not breastfeeding well. Most mothers find that they get more milk in less time when they use a rented hospital-grade breast pump.

Reasons for Supplementing Full-Term Baby or Late Preterm Baby (34–37 weeks gestational age)

- Baby is not breastfeeding effectively at least 8 times in 24 hours
- Baby is sleepy
- Baby is unable to latch on and breastfeed
- You are using a nipple shield to help your baby latch on and breastfeed

- Baby is not having adequate urines and stools (Not meeting daily goals)
- Baby has low blood sugar
- Baby has significant jaundice
- Baby has weight loss of 10% or greater

Supplementing Care Plans

You and your baby may be placed on one of the following care plans which involve breastfeeding, offering a supplement, and pumping. Follow the care plan that is given for your baby's situation. If you have any questions while your baby is in the hospital, speak with your nurse or lactation consultant. If you have questions after your baby is discharged from the hospital, speak with your baby's doctor and call the TriHealth Breastfeeding Care Center (513 862 7867 option 3).

Care Plan Goals:

- Support and encourage baby to breastfeed
- Offer baby supplemental feedings in order to keep him well-nourished while learning to breastfeed or until no longer medically necessary
- Establish and maintain your milk production so that you can transition baby to breastfeeding

It is important to wake your baby to feed every 3 hours around the clock. Babies need to eat a minimum of 8 times in 24 hours in order to gain weight.



Every 3 Hours:

Step 1 Attempt breastfeeding

- Follow the *Waking Baby to Breastfeed* Techniques.
- Attempt breastfeeding for 10 to 15 minutes total. Allow your baby to continue breastfeeding longer if effectively feeding.

Step 2 Offer supplement

- If baby does not breastfeed effectively for at least 10 to 15 minutes, offer supplement of ½–1 oz. (15–30 ml) expressed breast milk or formula*
- If baby continues to need a supplement, increase the amount supplemented each day
- Follow the *Care Plan for Bottle Feeding You Baby*.

Step 3 Express Your Milk with a Breast Pump

- Express your breast milk with a hospital-grade breast pump to better stimulate your milk production (you can rent a hospital-grade pump from the hospital or another medical supply company)
- Follow the *Care Plan for Establishing Milk Production with a Hospital-Grade Electric Breast Pump* and *Guidelines for Storage of Breast Milk for a Healthy Full-Term Newborn*.

* Note: If you have a partner, family member, or friend helping you, they can supplement your baby while you pump. If not, offer the supplement, then pump afterward. The amount supplemented to baby will need to increase by small amounts each day. Check with baby's health care provider for amounts to be offered to your baby.

Signs That Baby Is Ready to Transition to Exclusive Breastfeeding:

- Wakes on his own to breastfeed at least 8 to 12 times in 24 hours
- Latches deeply onto your breast without discomfort or pain.
- Breastfeeding sessions are lasting 10 to 30 minutes per breast
- Baby is sucking and swallowing with his jaw dropping and you hear swallows
- Breastfeeding is comfortable for you (no nipple or breast pain)
- Wets at least 6 diapers and passes at least 4 stools in 24 hours by 6 days old

Transition to Exclusive Breastfeeding:

Talk with your baby's health care provider regarding how long to continue this supplementing care plan and the amount of supplement to be given to your baby.