



If your baby is not breastfeeding, or breastfeeding well, or you are advised to supplement:

by Lori J Isenstadt, IBCLC

1. Your mantra: Feed the baby and protect the milk supply.
2. Anytime the baby gets milk from a bottle, or misses a feeding from the breast, use a hospital grade pump and pump for 15 minutes, both sides at the same time.
3. Offer baby approximately the same amount as they would get at the breast. For example: Day one: 5-7 ml per feed. Day two: 7-12 ml per feed. Day three: 12-20 ml per feed.
4. These are just guidelines. If your baby takes a bit less or a bit more, this is fine. You just want to be careful to provide an upright and paced feeding to avoid overfeeding.
5. An average full term baby gradually increases intake to about 30-45 ml by 5-7 days old.
6. Sometimes hand expression works better than a pump in the first few days. If you are not able to increase volume with the pump, try hand expression. Have staff IBCLC teach this to you.

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7. When offering milk from a bottle, hold baby sitting upright and pace the feeding. See handout on upright paced feeding.
8. Stay positive. As long as you have a well fed baby and are removing the milk on a regular basis and increasing your supply, you can always work on breastfeeding.
9. If, at the time of discharge, you continue to struggle with breastfeeding, please schedule a consult so you can begin working on this as soon as possible.

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