

# When to Give Your Baby Extra Feeding (Supplementation) the First Week of Life

## Extra Feeding

Your baby may need extra feeding (supplementation) in addition to breastfeeding.

You may decide that your baby needs extra feeding based on:

- how well your baby is breastfeeding
- the amount of urine and stool they are making, your baby's weight, or both.

Your baby's health care provider may have you give your baby extra feedings because of another concern (such as jaundice, prematurity or weight loss). Be sure to follow your baby's health care provider's instructions until your clinic appointment.

## What You Can Do

- **Until your next appointment**, keep track of your baby's feedings and diapers on the "Chart Your Baby's Breastfeedings and Diapers" in your "Beginnings" book or the "Breastfeeding Guide and Diaper Diary."
- **Feed often.** Expect your baby to breastfeed 8 to 12 times in 24 hours. Your baby should wake to feed every 1 ½ to 3 hours. Some feedings may be grouped closely together ("cluster") every hour for 2 to 3 feedings. They are followed normally by a longer stretch of sleep for 4 to 5 hours once a day.

If your baby is not waking to feed at least 8 times in 24 hours, use skin-to-skin contact to gently help your baby awaken and feed more often.

- **When breastfeeding, pay attention** to the following "clues" to help you know how well your baby is doing:

- **swallowing:** During breastfeeding, watch and listen for swallowing. A swallow of colostrum is a very soft "ka" sound. As your milk volume increases the swallows become louder and more often — about every 1 to 3 sucks when your baby is actively feeding.
- **persistence:** In the first few days, newborns often nurse slowly, combining feeding with bonding. As your milk volume increases, your baby should become more efficient and effective. Their sucking bursts should be long, with only short pauses to breathe.

Newborns need at least 10 to 15 minutes of long sucking bursts with frequent swallows to get enough milk at each feeding. Feedings often take a total of 20 to 40 minutes, which includes pauses for rest and time to bond and make eye contact with you.

- **Watch diaper output.** As your milk volume increases, your baby should have more light-colored urine. Your baby's stool should change from black, tarry meconium to green-yellow to mustard-yellow, seedy and liquid over the first 5 days of life.
- **Check your baby's weight** at the clinic, by home care, or your lactation consultant 1 or 2 days after leaving the hospital.

**(over)**

## When to Give a Supplement

Offer your pumped or hand expressed colostrum, adding formula as needed if:

- you are not confident you hear 10 to 15 minutes of active swallowing per feeding
- your baby does not breastfeed well 8 or more times in 24 hours
- your baby's urine and stool output does not meet the minimum number on your feeding log
- your baby has a weight loss of more than 8 to 10 percent, depending on their age
- your baby's health care provider has told you to give your baby an extra feeding.

## How Much to Give Each Time Your Baby Does not Breastfeed Well

If your baby's health care provider has asked you to give a certain amount at each feeding, please follow those instructions. Otherwise, you should follow the guidelines below.

Age	Amount each feeding
1 to 2 days old	5 to 15 mL (up to ½ ounce)
2 to 3 days old	15 to 30 mL (½ to 1 ounce)
3 to 4 days old	30 to 60 mL (1 to 2 ounces)
older than 4 days old	45 to 60 mL (1 ½ to 2 ounces) or more, based on your health care provider's recommendation.

**These are the typical amounts that your baby's tummy is ready to hold at each feeding depending on your baby's age.**

The extra feeding can be either your pumped breastmilk, banked human milk or formula. It can be given in different ways. Read more about your options in the fact sheet, "Ways to Give Your Baby Supplemental Feeding (Breastmilk or Formula)."

## Pumping and Hand Expressing Your Breastmilk

Pumping and hand expression are needed to support your milk supply if you need to supplement. This is true even if you have breastfed before giving the supplement.

Often, in the first few days, you will get more colostrum and breastmilk out by hand expressing.

For tips on hand expression, you can watch the video from Stanford University at [med.stanford.edu/newborns.html](http://med.stanford.edu/newborns.html).

After hand expressing milk, pump both breasts at the same time for 10 to 15 minutes. Pumping both breasts at the same time will help encourage more milk to be produced and will take less time.

Keep track of your pumping and hand expression times and how much milk you collect.

## When To Call Your Lactation Resource and Your Baby's Health Care Provider

When your baby needs extra feedings, it is important to stay in touch with your baby's health care provider and lactation resource to watch you and your baby's progress.

As you begin to make more milk in the first week of your baby's life, your plan may change. With your feedback, they can help you make the best plan for your family.