



### **IMPORTANT**

· A healthy full term baby does not usually require any extra milk other than the colostrum and the breast milk.

· If there is a medical indication for a supplementation, your health care provider will discuss other feeding options with you.

## **Breastfeeding**

### **A Healthy Baby Does Not Need Supplementation**

#### **Did you know?**

- Babies are born with fluid supplies in their bodies; they may only require a few drops to 1 ounce of milk each feed in the first 24 hours.
- Mothers produce colostrum before they produce milk. Colostrum is all that a healthy full term baby needs for the first few days of life.
- Babies get about 5-10 ml. (1-2 teaspoons) of colostrum at each breast feeding. That amount fits babies' stomachs perfectly as their stomachs are very small (the size of a chickpea).
- Mother's milk changes from colostrum to mature milk between 1 ½ days to 2 weeks.
- For the first 24 hours your baby may be sleepy. By unwrapping and undressing your baby before a feeding, he/she may stay awake. Place the baby skin to skin with you. If your baby will not feed after trying for about 20 minutes, let him/her sleep for another hour and try again.
- Breastfeeding may be very frequent (at least 8-12 times/day) in the early weeks, as babies digest breast milk very easily.
- Frequent breastfeeding can help lessen newborn jaundice.

#### **Supplementing without a medical indication may have a negative effect on breastfeeding:**

- Your baby may have trouble latching on and sucking at the breast after having taken a bottle.
- Your breasts may become engorged because your milk is not removed from your breasts.
- If your baby is breastfeeding less, you will produce less breast milk.

#### **Medical indications for supplementation:**

- Your health care provider may order a supplement of extra milk if there is a medical reason.
- If your baby is supplemented, you need to pump your

breasts to stimulate your milk supply.

- If your baby temporarily cannot breastfeed, your health care provider will discuss other feeding options with you.

Adapted with permission from:  
Breastfeeding Committee for Saskatchewan  
Regina Qu'Appelle Health Region