

MIXED FEEDING OR 'COMBO-FEEDING'

These are some steps to ensure your options to provide breast/expressed milk+formula

ESTABLISH MILK PRODUCTION

- Focus on Skin-Skin contact with baby especially in the first hour and till breastfeeding/milk supply is established.
- Initiate & protect milk supply - breastfeed/ start hand-expression right away = more milk sooner!
- Start expressing/pumping for every feed within 6 hours.
- Pump or/and breastfeed 8 x 24 hours in the first 4-6 weeks

IF ANY FEEDING DIRECTLY FROM THE BREAST IS INTENDED

- Baby needs to go to breast first before supplementing at every feed until latching is established - Baby is learning two different skills! Repetition builds skill.
- Respond to early signs of readiness to feed – build positive pathways!
- Consider using lactation aid/cup/spoon to supplement till latching confidently.



SUPPLEMENTING

- Offer your breast/breastmilk first
- Small frequent feeds in the first weeks -
- **8 or more feeds in 24 hours.**
- **Small volumes** of supplement at first (About 15ml per feed to around 50ml per feed by the end of the first week)
- **Increasing feed volume gradually** as needed.
- **Decrease** the amount of formula as your milk supply increases.

Respect your infant's feeding cues

SUPPORTING YOUR MILK PRODUCTION

Express milk or breastfeed or both for every feed for the first 6 weeks for **your optimal** milk production

Frequent + effective milk removal will maintain lactation

VALUE EVERY DROP OF YOUR BREASTMILK AND GET HELP IF NEEDED

Resources

- Nutrition for healthy term infants: Recommendations from birth to six months
www.canada.ca/en/health-canada
- Infant Formula: What You Need To Know
www.resources.beststart.org/product/b19e-infant-formula-booklet
- Paced Bottle-Feeding Video
www.peelregion.ca/children-parenting/feeding-babyFeeding_baby_-_peelregion.ca
How to feed your baby from a bottle using either breast milk or infant formula.
- Know the Flow. Pados et al. Reviews the flow rates of nipples/teats available in Canada.
www.pubmed.ncbi.nlm.nih.gov/30028734/
- News-and-Research UNICEF UK
www.unicef.org.uk/babyfriendly/news-and-research/baby-friendly-research/infant-health-research/

your contacts



- Local Public Health Help-Line
- Local breastfeeding clinic
- Breastfeeding Peer Support group
- Family health care provider
- The nearest emergency and walk-in clinic
- Find a Lactation Consultant
www.portal.ilca.org

write in your numbers