

Your Breastfeeding Plan

What to do at home

This handout gives a breastfeeding plan for you to follow at home.

Feeding

Feed your baby at least every 2 to 3 hours:

- Breastfeed for at least 10 to 15 minutes, as long as your baby is actively sucking.
- Limit breastfeeding to _____ minutes total per feeding.
- Limit your latch tries to 5 minutes. Wait 20 minutes before trying again.
- If your provider checks this box, use your nipple shield when you breastfeed.



Talk with your provider if you have any questions or concerns about your breastfeeding plan.

Supplementing

You can choose to supplement:

- Using pumped breast milk, formula, or both
- By tube and syringe at breast, by finger feeding, or by bottle feeding

How much supplement to give:

- ½ to 1 oz (15 to 30 ml)
- 1 to 2 oz (30 to 60 ml)
- _____ oz (_____ ml)

Note: 1 ounce (oz) = 30 milliliters (ml or cc)

- Increase amount by about ½ oz (10 to 15 ml) per feeding per day.
- Feed more if your baby still seems hungry.

How often to give supplement:

- With each feeding
- Every other feeding

Breast Pumping

Pump both breasts at the same time for 15 minutes:

- Pump 8 times in 24 hours, every 2 to 3 hours
- Pump 1 time at night (between 1 and 5 a.m.)
- Always follow milk storage guidelines when storing pumped breast milk.

Keeping Track

- Keep track of when your baby eats, wets, and stools. Write these times down on a record sheet.
- In the next 24 hours, your baby should have ____ wet and ____ stool diapers. Call your baby's care provider if your baby has less than this amount.

Helpful Hints

- Place your baby skin-to-skin with you (*kangaroo care*).
- Use the waking methods your nurse taught you if your baby is sleepy when it is time for feeding.
- To increase the flow of milk, use breast compression and massage during feedings.
- It is normal to give 10 to 14 feedings in 24 hours.

Follow these tips if your provider has checked them:

- To prepare your breasts before feedings, use warm compresses for **only 3 to 5 minutes**.
- Take 3 pills of fenugreek (at least 1,500 mg) 3 times a day.
- Take Reglan as instructed by your provider.

When to Call

Your breastfeeding plan will change as your baby's needs change. If at any time you think this plan is no longer working for your baby, or if you have any questions, call the Lactation nurse at 206.598.5500 (choose option 8).

Questions?

Your questions are important. Call your care provider if you have questions or concerns.

UWMC Women's
Health Care Center:
206.598.5500