

GUIDE FOR BABIES REQUIRING EXTRA / SCHEDULED FEEDS



Mercy Health
Care first

Some babies need extra help to make sure they get enough milk in the early days after birth. The following feeding plan is recommended for your baby.

Reason for feeding plan _____

Signs your baby is ready to feed include:

Mouthing, gaping, licking lips, turning head from side to side, head nudging your breast, sucking fingers or fist, being awake and alert. Crying is the last sign of hunger.

How often you should offer a feed to your baby _____

- In the early weeks your baby needs to feed at least 8 to 10 times in 24 hours (2-3 hourly)
- Plan your next feed time by using the start of the previous feed

If your baby is not feeding at the breast, offer the following each feed:

☐ Expressed breast milk - _____ ml per feed

☐ Infant formula - _____ ml per feed

If your baby is breastfeeding and needs extra breast milk or formula, offer milk using:

☐ cup

☐ bottle

☐ spoon

☐ oral syringe

☐ finger feed

How much milk top up does your baby need after a breastfeed?

| Sucking attempt | Action |
|---|---|
| Your baby has made little attempt to suck at the breast or had a few sucks only and has fallen asleep | Give full feed (volume above) |
| Your baby has sucked strongly at the breast on and off for about 5-10 minutes but has been a bit sleepy and only some swallowing has been heard | Give half of baby's feed amount – e.g. If baby recommended for 40ml every three hours, then give only 20ml. |
| Your baby has sucked strongly at the breast and swallowing has been heard for at least 10 minutes | No need for a top-up |

Specific instructions for feeding/top-ups (method, amount, how often):

Some helpful breastfeeding tips:

- If your baby is not waking at the expected feed time, placing your baby skin to skin on your chest may help baby wake
- If your baby is sleepy, a nappy change may help to wake baby for the second side or milk top up
- Aim to finish feed within 1 hour – this includes breastfeed, milk top up and expressing
- Gently massaging your breasts during the feed may help with milk flow and swallowing
- Detach/remove your baby when they are no longer sucking and swallowing
- To support milk supply express both breasts after each feed – 20-30 minutes maximum.
For more information, please see *Expressing breastmilk* patient handout

Other important points:

Helpful Resources:

- Australian Breastfeeding Association Helpline Phone: 1800 686 268 (free, available 24/7)
- Maternal & Child Health Line Phone: 13 22 29 (free, available 24/7)



For more information

If you have any questions or need further advice, please call us:

Department: Breastfeeding Support Service

Mercy Hospital for Women, Heidelberg:

Ph: 03 8458 4677

Werribee Mercy Hospital:

Ph: 03 8754 3407

In the event of an emergency, please dial **000** for an ambulance or go to your nearest Mercy Health or other hospital emergency department.

Please use this table to track your baby's feeding and nappies when you arrive home. This can be helpful for you as well as to show your midwife or maternal and child health nurse.

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