

## If you choose to use a bottle

The **World Health Organization** advises not to give breastfed newborn babies a bottle because some might not go back to the breast afterwards. Still, some parents might choose to use a bottle.

### Helping baby return to breastfeeding:

- **Use a soft, round, slower-flow nipple.**

This is more like breastfeeding.

- **Hold baby close to you, skin-to-skin** when possible.

- **Keep baby fairly upright** to slow the flow, more like breastfeeding's flow.

- **Wait for baby's wide open mouth.**

Touch baby's lips with the bottle nipple and wait until they open widely. This rooting reflex is important for breastfeeding.

- **Allow baby to draw the nipple deep** into their mouth so their lips are on the wide base of the nipple.

- **To start, let baby suck on the empty nipple** for a few sucks with bottle tipped down, nipple still in baby's mouth.

- **Tip the bottle up to horizontal.** To keep the flow of milk slower, the milk should just cover the nipple tip. Avoid using bent or curved bottles.

- **Respond to your baby's feeding cues.** Copy the patterns of breastfeeding by watching your baby's sucks and pauses:
  - Tilt the bottle down during their pauses, leaving the nipple in their mouth, so they can take a rest.
  - **Wait** until baby sucks a few times before tipping the bottle back up. Your baby will be less likely to overeat.
- **Stop feeding when baby seems full** (weaker sucking, turns head away, pushes nipple out, relaxed, satisfied)  
**Note:** This might not apply to premature or ill babies.
- **Feedings should take as long as breastfeeding does.**
- **Switch the arm you hold baby with from one feed to the next.** This mimics breastfeeding and might help with baby's brain development.
- **Teach others.** Share these tips with anyone who bottle-feeds your baby to support breastfeeding.

#### Health Units

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This information does not replace the advice given to you by your healthcare provider.

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## Giving Extra Milk to Your Breastfed Baby



Tips for supporting breastfeeding

 **fraserhealth**

# Giving extra milk to your breastfed baby

## When to feed...

There are times when babies need extra milk (supplements) even when they are breastfed.

Some examples are when:

- A mother is very sick.
- A mother and baby are separated, such as when either mom or baby has to stay in hospital.
- A baby has certain medical conditions.
- A baby has not regained his birth weight by two weeks or is not gaining enough weight with increased breastfeeding.
- A mom has a low milk supply. The baby might need extra milk while mother's milk supply is being built up.
- A baby is born too early (very premature).

Your breastfeeding expert or doctor tells you when you need to give extra milk.



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## What to feed...

### ✓ 1<sup>st</sup> Choice

**Mother's own expressed breast milk**  
You can express milk by hand or use a breast pump.

### ✓ 2<sup>nd</sup> Choice

**Pasteurized Donor Human Milk**  
The Provincial Milk Bank supply depends on how many donors they have. You do need a prescription from your doctor or midwife to get extra milk from the Milk Bank.

For more information:



Provincial Milk Bank  
[www.bcwomensmilkbank.ca](http://www.bcwomensmilkbank.ca)  
Look under Receiving Milk



Call 604-875-3743

### ✓ 3<sup>rd</sup> Choice

**Commercially Prepared Infant Formula**



See from [HealthLinkBC.ca](http://HealthLinkBC.ca):  
Feeding Your Baby Formula: Before You Start [Health File Number 69a](#)  
Safely Making and Storing Formula [Health File Number 69b](#)

## How to feed...

- **Wait until you notice early hunger cues** like rooting or sucking on fingers.
- **Hold your baby close** to your breast and skin-to-skin whenever possible.
- **Try to breastfeed first**, if possible. This is usually best.
- **Express or pump your milk** each time you give your baby extra milk. This helps you make more milk.

Some mothers notice their babies will not go back to the breast after bottles.

Ask your nurse or lactation consultant about giving extra milk in ways that are less likely to interfere with breastfeeding, such as:

- tube feeding at the breast
- spoon or dropper feeding
- cup feeding



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To learn more about increasing your milk supply expressing breast milk by hand or pump and storing expressed milk go to [www.fraserhealth.ca](http://www.fraserhealth.ca). Look for 'Expressing Breast Milk' under 'Pregnancy and Baby' then in 'Breastfeeding' ([ow.ly/KHD030gI4IH](http://ow.ly/KHD030gI4IH)) or scan QR code to resource.

