

Tools for Supplementing Breastfeeding - September

1. Supplementation of direct breastfeeding is never needed when breastfeeding is managed well.
2. A baby requires the same amount of milk each day no matter how old they are.
3. Although we cannot see milk emptying from the breasts as we can with a bottle, there are several indicators to determine whether baby is getting enough milk.
4. Direct breastfeeding can be supplemented with parent's own expressed milk, another parent's milk, or infant formula.
5. The most useful tools for supplementation depend on the needs of the particular baby.
6. Some supplementation tools, such as those for cup-feeding or spoon-feeding, are simple household items and do not require purchase of a specialized tool.
7. At-breast supplementation is the only method of supplementation that delivers supplemental milk or formula while stimulating additional milk production at the same time.
8. Finger-feeding should only be used as a short-term solution.
9. Wide-based bottles that may look most like a breast support good breastfeeding outcomes.
10. Pacifiers are another way parents may supplement nursing.