MY FEEDING PLAN FOR GOING HOME;
I AM A GOOD BREASTFEEDER!

• Premature babies may take 4 to 6 weeks after discharge to learn to be totally breastfed
• As your baby matures and gets stronger he/she will breastfeed for longer and more times each day
• Remember too that all babies born before 34 weeks will need extra calories for several months to make their bones strong
• For the first week at home, continue to breastfeed your baby as you are doing at the time of discharge (_____ times per day)
• Your baby should be fed (breast or bottle) about 7 or 8 times each day, and act satisfied after feeding
• Babies who are getting enough milk will have 6 or more wet diapers and one or more bowel movements every day
• Preemies should be fed in the middle of the night at least until they weigh 9 pounds – at that point the baby may be waking you up!

BREASTFEEDING TIPS
  o Be sure to support your breast, and watch the position of the baby’s head and body
  o Listen and look for swallowing as your baby is drinking your milk
  o Allow your baby to nurse as long as she/he is nursing actively; some preemies tire after 40 minutes, so keep your eye on how long the feeding is taking
• As the baby is getting stronger, start to replace bottle feeding with breastfeeding; adding one additional daily breastfeed each week is a good pace for most preemies (but all babies are different!)
• Pump after each bottle or breastfeeding until your baby learns to empty your breast (at least 6 times a day)
• Weaning the nipple shield is a gradual process, wait until your baby is sucking well and gaining weight to begin that process
• Continue skin-to-skin time once you get home, it will help you make milk and keep your baby happy!
CHECKING WEIGHT GAIN
   o Your infant should gain 6-8 ounces per week
   o We recommend that your baby have weekly weight checks at your pediatrician’s office until a month after your due date
   o When baby is gaining well, weight checks can be every 2 weeks
   • Call the lactation help line or your baby’s doctor if you are having any problems with your milk supply or feeding the baby
   • Special Instructions:
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