MY FEEDING PLAN FOR GOING HOME;
I AM LEARNING TO BREASTFEED!

- 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 Nurse your baby as long as she/he is actively drinking (but not more than 30 minutes)
  o Listen and look for swallowing as your baby is drinking your milk
  o After breastfeeding, give your baby a bottle of your fortified milk
- As the baby is getting stronger and emptying your breast in 30 minutes, you can allow the baby just to breastfeed and not give the supplemental bottle
- As the baby continues to nurse better, and is gaining weight, you can 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 for each bottle feed and after 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
  - Your infant should gain 6-8 ounces per week
  - We recommend that your baby have weekly weight checks at your pediatrician’s office until a month after your due date
  - 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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