

Mom-Family wants to feed formula

“Give a bottle” “No milk”

First – First- First..... Ask WHY? Say “Tell me more about that.”

- ***Why do you want to give your baby a bottle?***
- ***Why do you think your baby needs formula?***
- ***Explore concerns/reasons and document them***
- ***Education and respect***

You have the perfect milk – and the right amount – for your baby.

If you give a bottle of formula you won't make enough milk for your baby.

You have all the milk your baby needs right now.

Colostrum (or early milk) is the “first milk”. Your baby's tummy is only the size of a marble for the first few days – so he/she only needs to take (1 teaspoon/5 ml) at a feeding. (Use belly balls)

Your body knows just how much milk to make for your baby- When your baby breastfeeds , the sucking tells your body to make milk- it is phoning in the order for the second (regular) milk to come in

Babies cry for many different reasons- it does not always mean they are hungry. They want to be up close to you, they want to be held and comforted. Skin-to-skin contact helps to sooth babies who are crying. Sucking on your finger can also be soothing. Let's try that. (see “Ways to Sooth Fussy Baby”)

We have learned that it's best to give only breastmilk– no extra formula or water.

Formula can change the baby's gut/intestine- different bacteria start to grow and babies can have more gas since it is harder to digest formula. Breastmilk is easier to digest.

All babies lose weight for the first few days- and regain birth wt by 2 weeks of age

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Engorgement - If you give a bottle your milk ducts will get plugged and swollen and it will be painful. Then your baby will have a harder time getting the milk out

I know your mom fed you formula, but we know so much more about breastmilk now.

If you want others to feed your baby – you can give a bottle of pumped breastmilk in a week or two- after your baby has learned to breastfeed . It's best not to give any formula or water or baby food for the first 6 months-only breastmilk

If you want your baby to take a bottle after you go home, wait two weeks before you give it, after your baby has learned to breastfeed. If you give a bottle now- it's too early...he/she may forget how to breastfeed or have trouble because the bottle flows so fast and your baby may start to prefer a faster flow and pull away from your breast

Before you use any formula, you might want to consider....

The thing that has me concerned about giving your baby cow's milk in formula is:

- Allergy
- Changing the gut
- Infection
- Undigested protein
- Kidney overload
- Engorgement
- Artificial nipples – nipple confusion
- Milk supply problems

Your body is working just like it's supposed to

It takes a while to feel confident about milk supply in the beginning

These early feeds are like your baby is “putting in her order for milk.”

Your baby is nursing often to bring in a great milk supply