

Weaning from supplements

**Do not drop supplements suddenly...
...this should be a gradual process.**

- 1. Prepare:** Talk to baby's health care provider and get his/her input. Record supplement amounts for a few days to determine how much supplement baby is getting per day: _____. Use expressed milk for supplements if available. If you don't have enough expressed milk, add banked milk or formula.
- 2. Days 1-3:** Take the above amount (#1) and reduce by 1 oz (30 mL): _____. Note that you're *not* reducing 1 oz at every feeding, but 1 oz over the *entire day*. Monitor baby's wet & dirty diapers. If diaper count is good, then *do not* exceed this amount of supplement each day – keep putting baby back to the breast if he wants to eat more.
- 3. Days 4-6:** Take the above amount (#2) and reduce by 1 oz (30 mL): _____. Monitor baby's wet & dirty diapers. If diaper count is good, then *do not* exceed this amount of supplement each day – keep putting baby back to the breast if he wants to eat more.
- 4. Days 7-9:** Take the above amount (#3) and reduce by 1-2 oz (30-60 mL) – try 2 oz if things are going well: _____. Monitor baby's wet & dirty diapers. If diaper count is good, then *do not* exceed this amount of supplement each day – keep putting baby back to the breast if he wants to eat more.
- 5. Continue the above method,** slowly reducing the amount of supplement every 2-3 days as long as baby's diaper count and weight gain indicate that he's getting enough milk. Once you get to the point that the supplements are only expressed milk (no formula), then you can usually proceed at a faster pace--at this point you are making enough milk for baby and just need to transition baby to getting milk only at the breast (when not separated from mom).

- 6. If baby's weight gain or diaper count are borderline or inappropriate,** then spend several more days at the same supplement level, or return to the previous supplement level and proceed at a slower pace.
- 7. Monitor baby's growth.** Weigh baby at least once a week to ensure that he is gaining appropriately. Get another weight check a week after baby is completely back to the breast, to reassure yourself that things are going well. Keep in touch with baby's health care provider throughout this process.

Pump to increase supply

- Pumping will help you to increase supply faster, plus you will be able to use your milk instead of formula for any needed supplements. Your aim in pumping is to remove more milk from the breasts and/or to empty the breasts more often. *The more milk you remove, the more milk you will produce.*
- A hospital-grade double pump will save time and maximize your pumping efforts.
- Until supply is well established, it is important to get *at least eight good nursing and/or pumping sessions per 24 hours.* Ten sessions per day is better.
- If baby does not breastfeed at a feeding, pump for 20-30 minutes, or for 2-5 minutes *after* the last drops of milk. If baby breastfeeds, but does not soften the breast well, pump for 10-15 minutes after nursing. If baby softens the breast well, then adding pumping sessions *between* breastfeeding sessions is most helpful.
- Empty the breasts as thoroughly as possible at each session. To ensure that the pump removes an optimum amount of milk from the breast, keep pumping for 2-5 minutes *after* the last drops of milk. Use breast massage prior to pumping, and massage and compressions during pumping to better empty the breasts and increase pumping output.

Put baby to breast often, at least 8-10 times per day. If baby is not breastfeeding well, work with your lactation consultant.

For your baby's age...	
Average weight gain per week	
Typical # wet diapers per day	
Typical # soiled diapers per day	

	Date	Weight
Last weight check		
This weight check		
Weight gain since last weight check		

Directions --

- Circle W when your baby has a wet diaper. Circle S when your baby has a soiled diaper.
- Note the start time & length for each breastfeeding or pumping session. Record supplement and pumping amounts.

DAY 1		Aim for 10 nursing/pumping sessions each day										TOTAL	DIAPER COUNT		
Start Time														Wet	Soiled
How long did baby breastfeed?														W	S
Supplement (ounces mL)	Mom's Milk													W	S
	Formula													W	S
Pumping	How long? (min)													W	
	Amount (oz mL)														

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DAY 2		Aim for 10 nursing/pumping sessions each day												TOTAL	DIAPER COUNT			
Start Time																	<u>Wet</u>	<u>Soiled</u>
How long did baby breastfeed?																	W	S
Supplement (ounces mL)	Mom's Milk																W	S
	Formula																W	S
Pumping	How long? (min)																W	
	Amount (oz mL)																	

DAY 3		Aim for 10 nursing/pumping sessions each day												TOTAL	DIAPER COUNT			
Start Time																	<u>Wet</u>	<u>Soiled</u>
How long did baby breastfeed?																	W	S
Supplement (ounces mL)	Mom's Milk																W	S
	Formula																W	S
Pumping	How long? (min)																W	
	Amount (oz mL)																	

DAY 4		Aim for 10 nursing/pumping sessions each day												TOTAL	DIAPER COUNT			
Start Time																	<u>Wet</u>	<u>Soiled</u>
How long did baby breastfeed?																	W	S
Supplement (ounces mL)	Mom's Milk																W	S
	Formula																W	S
Pumping	How long? (min)																W	
	Amount (oz mL)																	

DAY 5		Aim for 10 nursing/pumping sessions each day												TOTAL	DIAPER COUNT			
Start Time																	<u>Wet</u>	<u>Soiled</u>
How long did baby breastfeed?																	W	S
Supplement (ounces mL)	Mom's Milk																W	S
	Formula																W	S
Pumping	How long? (min)																W	
	Amount (oz mL)																	

DAY 6		Aim for 10 nursing/pumping sessions each day												TOTAL	DIAPER COUNT			
Start Time																	<u>Wet</u>	<u>Soiled</u>
How long did baby breastfeed?																	W	S
Supplement (ounces mL)	Mom's Milk																W	S
	Formula																W	S
Pumping	How long? (min)																W	
	Amount (oz mL)																	

DAY 7		Aim for 10 nursing/pumping sessions each day												TOTAL	DIAPER COUNT			
Start Time																	<u>Wet</u>	<u>Soiled</u>
How long did baby breastfeed?																	W	S
Supplement (ounces mL)	Mom's Milk																W	S
	Formula																W	S
Pumping	How long? (min)																W	
	Amount (oz mL)																	