

What Happens if Supplementation Comes Up?



Many times, women may feel their milk supply is inadequate without the necessary information to guide their decision towards supplementation. The first step when considering supplementation or not is to call a lactation consultant or healthcare professional for medical advice.

Perceived Insufficient Milk Supply versus Medical Need for Supplementation:

Without being taught about how long a healthy baby can go between feedings, what typical sleep-wake patterns of a newborn are really like, and babies hunger cues, mothers may struggle to feel confident in their bodies' ability to produce enough milk. Babies who are fed a breastmilk substitute typically space out feedings or sleep longer between feedings because non-human milks are difficult for babies to digest. Mothers may perceive these normal needs to breastfeed more often, especially through the night, as a sign that their milk is not adequate, either in quality or quantity. After meeting with a medical professional and/or a lactation consultant about your infant feeding needs, if there is a true medical need for supplementation there are a variety of options available to you.

Supplementation with your Own Breastmilk:

If there is a medical need for supplementation and baby is not transferring at the breast, pumping is a great option to continue to provide your breastmilk and stimulate your supply. Pumping after your baby eats will remove extra breast milk the baby did not take out during his/her feed and allow you to provide it as a supplement after. Additionally, power pumping is a method to increase your milk supply by mimicking cluster feeding, a normal newborn eating behavior. If you are considering power pumping, speak to your healthcare provider and/or lactation consultant to find out more information.

Utilizing Donor Milk:

For mothers who are interested in breastfeeding but are unable to do so, donor milk is a great alternative method. First contact your healthcare provider and/or lactation consultant to learn more information about the donor milk process. Locally, the Champaign Urbana Public Health District has partnered with the Mother's Milk Bank of the Western Great Lakes to provide families with pasteurized donor human milk. To learn more visit www.c-uphd.org or www.milkbankwgl.org.



Informal Milk Sharing:

Mothers have been helping each other with feeding each other's babies since the beginning of time. Giving your baby your breastmilk from a trusted friend or family member can benefit your infant but can also carry potential risks as anything they ingest can potentially transfer to your baby. It is important to understand the risks of informal milk sharing and should be discussed with your healthcare provider and/or lactation consultant. Purchasing breastmilk from the internet or people you do not know is extremely discouraged.

If Supplementation is through Formula:

Ready to Feed Formula and Concentrated Liquid Formula are preferred as they are sterile. Powdered Infant Formula is not sterile. It is important to remember babies <12 months old cannot consume cow's milk, as consumption of milk other than breastmilk or formula prior to 12 months of age can pose serious health risks for your baby.

Aside from the bottle, there are alternative feeding methods available to satisfy your babies needs. Utilizing a cup, syringe, SNS, spoon, or finger can be effective options for feeding. For more information about these feeding methods, consult your healthcare provider and/or lactation consultant.

*Before preparing any formula be sure to wash your hands and clean the preparation area
*Always hold your baby regardless of which formula feeding option you choose. Essential practices include feeding based on hunger cues, eye-to-eye contact, and holding the infant closely throughout feeding. Paced Bottle feeding can be an effective method for feeding as well. Be sure to hold your baby upright and the bottle horizontally to ensure gravity does not overwhelm your baby with a fast flow of milk. Instruct anyone who may feed your baby these best practice techniques.



Protect Your Baby from *Cronobacter*:

Cronobacter (*Cronobacter Sakazakii*) is a germ that lives in very dry places, such as powdered infant formula, as it is not sterile. Babies less than 3 months old, infants born prematurely, and infants with weakened immune systems are at the highest risk of serious infection from *Cronobacter*. Sickness will typically start with a fever and poor feeding, crying, or very low energy. Babies with these symptoms should be taken to the doctor.

To Prevent *Cronobacter* infection prepare formula according to guidelines below

Ready to Feed

This is the easiest type of formula to prepare and can be stored at room temperature.

However, it is the most expensive.

- Open bottle and screw on the cap
- Warm to feeding temperature if desired
- Feed immediately or refrigerate for up to 48 hours

Concentrated Liquid

This must be diluted before feeding.

Make sure to use equal amounts of water and formula. Always discard any milk left in the bottle after feeding.

- Measure the water into a feeding bottle or measuring cup
- Add liquid as recommended on the package
- Cap and shake
- Check the temperature and warm if needed
- Feed immediately or refrigerate for up to 48 hours

Powdered Infant Formula

This is the least expensive type of formula, however it is not a sterile product. The way it becomes a sterile product is through using boiled water to mix the powder. The water, bottles, and nipples must be sanitized prior to use.

- Boil water and allow to cool for 5 minutes. Water must be above 158°F /70°C to sterilize.
- Measure and pour the hot water into a feeding container
- Add the amount of formula powder as recommended on the package to the hot water
- Cap and shake
- Cool to feeding temperature . It should feel warm on your wrist.
- You can prepare all feedings for the day at one time
- Feed immediately or refrigerate for up to 24 hours

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