

Supplementation

By: Janice Ballou, DNP, PPCNP-BC, IBCLC

Training goals:

Attendees will better understand the process to support continued breast milk feeding when a breastfeeding baby is supplemented with formula.

Content:

- Review of the following Ten Steps to Successful Breastfeeding as they relate to common reasons for supplementation during the newborn stay (Steps 5, 6 and 9).
- Describe the hierarchy of fluids to maintain exclusive breast milk feeds.
- Identify three reasons for supplementation of a breastfeeding newborn
- Identify three alternative feeding methods that will least interfere with breast milk production or a return to breastfeeding.

Implementation:

- Facilitate discussion among the students about the reasons for formula supplementation during the newborn stay.
- Pass around supplementation tools and discuss how they work.
- Describe use, including advantages and disadvantages, of different supplementation methods.

Resources:

- Academy of Breastfeeding Medicine, <http://www.bfmed.org>.
- Brodribb W (Ed) 2012 in press, Breastfeeding Management in Australia (4th edn), Australian Breastfeeding Association.
- Lawrence RA, Lawrence R. (2005) Breastfeeding: A guide for the medical professional, 6th Edition. St. Louis: Mosby.
- Oddy WH, Peat JK. Breastfeeding, asthma, and atopic disease: an epidemiological review of the literature. *J Hum Lact* 2003; 19:250-
- Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies, U.S. Department of Health and Human Services, July 2014.
- Walker, M. (2010) Breastfeeding Management for the Clinician: Using the Evidence, New York: Jones & Bartlett Publishers.

- West D, M. (2009) The Breastfeeding Mother's Guide to Making More Milk, New York: McGraw Hill.

Supplies:

- Supplementation tools should include those used by your facilities. (i.e. nipple shields, single and double supplemental feeders, spoon, small cup/medicine cup, bottle, special needs feeder, finger feeder)