



Triple Feeding: What's That?

When you and your baby are attached to each other, *ideally*

- your baby removes enough milk to gain 1 oz per day (by day 4) and
- you produce enough milk for your baby to gain 1 oz per day

If this “supply and demand” works out as Mother Nature intended, you will just breastfeed away!
No need to pump or supplement.

If there is a “glitch in the system,” a temporary intervention is to triple feed to get supply and demand on track: 1.Nurse 2.Supplement 3.Pump

CRITERIA for TRIPLE FEEDING (Guidelines)

In the first few days

- ▣ Latch refusal and/or poor milk removal
- ▣ More than ~7% weight loss in the first ~48 hours
- ▣ More than ~10% weight loss at any time
- ▣ Less than ~1 oz per day weight gain after day 4
- ▣ Low milk supply (needs formula/donor milk to gain weight)
- ▣ Not back to birth weight by day ~14 or sooner

After 2 weeks

- ▣ Baby fails to gain enough weight on the growth curve
- ▣ Low milk supply

Writing things down

Perhaps you've found it helpful to keep track of feedings on paper or in a mobile app. If you need to pump or supplement, maybe you're only writing that down. Maybe it works for you to just keep track in your head! You do YOU! If triple feeding becomes necessary, most parents feel more in control of the situation if they log nursing sessions, supplementing and pumping. You'll be very tired and you'll need to coordinate care with your helpers. The information you record helps monitor progress and set-backs, so adjustments can be made to the plan. Triple feeding is a difficult task but it is intended to be temporary. Whether you write things down or not, the following instructions will teach you what you need to do.

Wow, that's a lot of work!

You are tired and may feel overwhelmed as you read on to the next page. Read through it step by step and it will make sense. It will become even more clear after you've accomplished a couple feeding cycles with your baby. You may end up deciding you don't want to do this triple feeding thing. I encourage you to give it a try if you really want to nurse. Ideally triple feeding will get supply and demand on track within a couple days and then you will exclusively nurse. I don't expect anyone to keep this routine going for more than about 3 weeks, although some might persist for longer in order to sort things out. Regardless of how long you triple feed, any information gathered through the process can be used to establish a long-term feeding plan that is physically and emotionally sustainable for YOU.

Your soul focus for the first several weeks is to feed your baby. Period.

You will do your best to establish a milk supply and a breastfeeding routine.

But, breastfeeding doesn't have to be “all or nothing.”

If it doesn't end up working exactly as you planned, simply REDEFINE SUCCESS and continue to bond with your baby!

Regular weight checks are important until a feeding plan is established that results in proper weight gain.

Well baby check-ups at 1,2,4,6,9 &12 months will make sure growth stays on track.

TRIPLE FEEDING LOG INSTRUCTIONS



WHY TRIPLE FEED?

- 1) Assesses your milk supply
- 2) Assesses baby's ability to remove milk
- 3) Increases supply (if needed)
- 4) Increases weight gain and energy to nurse well

- ❑ After nursing, your helper offers your baby previously pumped milk, while you pump.
- ❑ If there isn't enough pumped milk, offer him as much donor milk or formula as he'll take, because you won't know how much he already took at breast.

❑ He'll likely take LESS than this:

Day.	Per feed.	Per day.
1-2	5-10ml	1oz
3-4	30ml	8oz
5-7	60-75ml	12-20oz
8-14	60-90ml	20-24oz
2wk-6mo	2-5oz	24-32oz

(30ml = 1 ounce)

- ❑ Feed with a syringe or do "paced" bottle feedings using a narrow nipple with a flow rate to feed 1oz in 5-10 minutes.

- ❑ Pump soon after nursing
 - to assess how much milk your baby left behind
 - to empty the milk cells to stimulate supply
- ❑ Freshly pumped milk is OK at room temp for the next feeding cycle (up to 6-8 hours)

Should have 6-8 wets each day.
Stools are black sticky
➡ brown
➡ green
➡ **YELLOW** by day 4 to 5

- ❑ Feed at least every 3 hours *start to start*, PLUS on demand.
- ❑ If no latch, go to steps 2 & 3. Do skin to skin when possible.
- ❑ No pacifier! Always assume hunger!
- ❑ Limit nursing to 20-30min while triple feeding. There's only 24 hours in a day! (Can nurse longer when steps 2&3 are not needed.)
- ❑ Drain the 1st breast. Do breast compressions. When no more swallows are heard, switch to 2nd side.
- ❑ Sleep 5 hours at night when your baby allows, once weight gain is established.

1 BREASTFEED

2 SUPPLEMENT

3 PUMP

Date & Time <small>Write the new date at 12mn</small>	Who initiated the feeding? Baby or Mom	1 BREASTFEED			2 SUPPLEMENT		3 PUMP		WETS / STOOLS <small>(note color)</small>
		LEFT	RIGHT	BABY'S BEHAVIOR AFTER the NURSING SESSION	pumped milk fed to baby	-frozen milk -donor milk -formula fed to baby	pumped LEFT	pumped RIGHT	
6/18 10 am 10 pm	B	Latch: <u>OK</u> Pain/ Refused/ Shield Behavior: Sleepy/ <u>Fussy</u> Swallows Heard: Y N <u>Some?</u> MINUTES: 20	Latch: OK/ Pain/ <u>Refused</u> Shield Behavior: Sleepy/ Fussy Swallows: Y N <u>Some?</u> MINUTES:	Asleep, but acts hungry after burps.	35 ml	1 OZ	45ml	35ml	11 / 1 Yellow
am pm		Latch: OK/ Pain/ Refused/ Shield Sleepy/ Fussy Swallows: MINUTES:	Latch: OK/ Pain/ Refused/ Shield Sleepy/ Fussy Swallows: MINUTES:						/
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am pm		Latch: OK/ Pain/ Refused/ Shield Sleepy/ Fussy Swallows: MINUTES:	Latch: OK/ Pain/ Refused/ Shield Sleepy/ Fussy Swallows: MINUTES:						/

NOTE: 30grams = 30cc = 30mls = 1ounce

As low supply or poor milk removal improves, baby gets more milk during step 1 ➡ so less supplement is needed ➡ and less pumping is needed

YOU ARE TIRED! Doing all 3 steps 24/7 is impossible. Skip nursing (step1) or pumping (step3) when needed.

Once it is clear
1) you have enough milk,
2) you can trust your baby to ask for food, and
3) she will remove enough milk to gain weight,
TRIPLE FEEDING can stop.

Print the Feeding Log
to record as instructed above.