



Triple Feeding

1. In order for baby to gain weight, milk must get to the baby's tummy.
2. In order for Mom to build and maintain a good milk supply, her breasts must be completely emptied of all milk at least 8 times per day.

If either of these things fail to happen with nursing, it is necessary to pump the milk out and feed baby in a different manner, usually temporarily.

What circumstances might lead to triple feeding?

- Baby refuses to latch on.
- Baby latches on, but
 - she loses too much weight while waiting for Mom's milk to come in.
 - the latch is too painful.
 - she can't effectively remove enough milk to gain weight or empty the breasts to stimulate the milk supply.
 - mom's milk supply is too low.

How long will triple feeding be necessary?

The length of time varies greatly. As milk supply increases, suckling improves to the point that baby can empty the breasts and gain weight, pumping and supplementing can be tapered off. During this transition, it is very important that the doctor or lactation consultant monitors the progress. If all goes well, you will eventually feed baby only from the breast.

3 steps to triple feed:

1. Breast feed baby

- Every 2-3 hours (8-12 times a day).
- If milk is not in yet, try to nurse about 10 minutes per breast.
- If milk is in, nurse as long as you can hear baby swallowing. Use breast compressions.
 - A feeding should take less than 45min.
 - If instructed, limit nursing sessions to less than ___ minutes.
- If baby won't latch after a few minutes, proceed with #2-3 (below).
- If using a shield, try regularly without it.

2. Supplement baby

- Feed baby pumped breast milk.
- If no more breast milk is available and baby is still hungry, offer formula.
- If baby will latch, give the supplement (breast milk or formula) through a tube placed next to the nipple during nursing.
- Otherwise, finger feed, cup feed, or use a slow flow bottle with a recommended nipple.

3. Pump

- Use a double electric breast pump and save the milk for later.
 - Freshly pumped milk can stay at room temperature for approximately 4 hours.

HOW LONG TO PUMP:

- If milk is not in yet, pump for about 5 min. Go longer if you still get drops of colostrum.
- If milk is in, pump until empty, ie stop when milk stops squirting out.
 - Some moms discover they have a second let down, so wait for that if you do.
- Stop pumping after 15-20 minutes, even if milk continues to flow.

WHEN TO PUMP:

- Try to pump **right after** a nursing session if your baby **does not** empty your breasts, ie you can often pump 1 ounce or so after baby nurses.
- Pump **1 hour after** the nursing session if your baby **does** empty your breasts, ie. once breasts have made more milk.