

## BABY RELUCTANT TO BREASTFEED

### Plan of care:

1. Offer the breast first at each feed. If your baby doesn't feed well, call these feeds "getting acquainted feeds" but your baby will need additional breastmilk. If your baby becomes very fractious stop and try skin to skin contact as this has a calming effect.
2. Between feeds, try prolonged skin to skin contact.
3. If your baby **does not** latch on or does not feed well (long deep sucks, hear swallowing):
  - Express **no less than** 8 times in 24 hours.
  - Remember the more you express, the more milk you produce.
  - Express from one side for **two minutes after** it stops dripping. Then express from the other side. Repeat until milk stops flowing which will vary in time from one mother to another.
  - However if no milk at all flows, then try expressing for 5 minutes one side and then 5 minutes on the other. Continue like this for approx 20 minutes. Expressing sessions are counted from the beginning of one to the beginning of another.
4. Give your expressed breastmilk to your baby:
  - Preferably with a cup to avoid nipple and teat confusion. Different sucking action with a teat as to breastfeeding. Staff will teach you how to cup feed before you go home.
  - However if you find this too difficult or your baby is dribbling all your expressed breastmilk and you want to go home, offer the breastmilk at home, whichever way you feel more comfortable doing it.
5. If no milk or minimal milk is expressed, you may need to give additional formula, just enough to settle baby until the milk supply increases. Please read the ***Wish List leaflet*** before you give formula so you can make an informed choice.
6. Demand feed your baby, watch for feeding cues. On average newborn babies feed 8-12 times in 24 hours. If you think your baby has gone a long time without a feed (over 6 hours), wake baby up. Keep a record of the number of feeds your baby has in 24 hours (see chart overleaf).
7. Note the number of wet and dirty nappies. By day 3: the poo should be changing colour / more wet nappies. By day 5-6: on average 4 really yellow poos and 5-6 wet nappies per day.
8. If by the third day, if your baby is still not latching on, please attend a breastfeeding support clinic (ask for a local support information sheet). The Infant Feeding Advisor may suggest a nipple shield as a **temporary measure**. However nipple shields should not be used until your supply is increased and only under supervision by a breastfeeding expert as they have a tendency to reduce supply if you are not careful.

**FEEDING CHART****Date:**.....

Your baby needs at least 8 feeds in 24hours  
(effective feeding means you can hear swallowing)

No	Time	Breastfeeding length or amount of expressed milk	Wet	Dirty & colour
1				
2				
3				
4				
5				
6				
7				
8				