

Supplementary feeding means giving the baby other food or fluid upon the milk (breastfeeding).

The maternity nurse or midwife could make the choice of giving the baby extra nutrition.

This will occur in case:

- The baby is losing too much weight
- The baby is not (entirely) being breastfed and you are not (yet) able to express enough milk
- Of other medical indications (for which the midwife or doctor will make a decision)

Supplementary feeding with formula also means expressing milk. This in order to stimulate the production of the breast-feeding and (or) to keep it going.

Attention: do not start supplementary feeding on your own, but always consult your midwife or doctor.

Supplementary feeding without medical indication could negatively affect your milk production.

In what way?

Supplementary feeding is been given by using a cup or by finger feeding. This is to avoid nipple confusion. This means that by a different way of sucking and another milk flow the baby may get confused and will therefore probably refuse to take breastfeeding or his drinking will getting worse.

Cupfeeding

- Let the baby be sitting upright or semi-upright on your lap, the little arms, if possible, wrapped around with a diaper or towel, to avoid the arms from getting in the way during feeding.
- Hold the cup against the babies lips. Tilt the cup in such a way that the milk will touch the lips. The cup is slightly resting on the lower lip and the edge reaches into the corners of the baby's mouth.
- The baby will naturally show interest and open his mouth.
 - A premature baby starts licking the milk with his tongue.
 - A full term or older baby will slurp the milk and sometimes spills a lot by doing so.
- Never pour the milk into the mouth. Hold the cup against the lower lip, into the corners of the baby's mouth and let the baby drink the milk in his own way.
- When the baby has had enough, he will close his mouth and will take no more. If he has not been drinking the calculated amount of fluid, he will probably drink more the next time. If not so, he should be fed more often, just as by being breastfed.



Finger feeding.

We advise to let this be done by the parents only and not by other family members.

- Wash your hands. It is important the nail of the finger you are going to use has been cut short. Choose a finger which in size corresponds with the size of the nipple.
- Make sure the baby and yourself are in a comfortable position. Any position you and your baby feel comfortable in and which makes it possible for you to keep your finger flat in his mouth, will do.
- You will need a syringe with finger feeder (soft extension) and a bottle of expressed milk.
- Tickle your baby's lips gently with your finger until your baby opens his mouth wide enough to enable you to stab your finger in. If your baby is very sleepy, but needs to be fed, you can put your finger gently into his mouth. Apply the baby's lower lip forward if necessary by exerting downward pressure on his chin. Usually your baby will, even when he is asleep, start sucking.
- Stick your finger in his mouth in such a way the soft part of your finger will remain upwards. Try to keep your finger straight while keeping the baby's tongue flat. Try not to focus your finger in an upright position, but keep it flat. Do not press down the baby's palatal/roof. As soon as your baby has sucked his lower lip inwards, push his chin gently downwards.
- Only when the baby has been sucking for 20 seconds, you are able to slide the finger feeder along your finger into his mouth. The baby will pull the syringe empty by itself (in case of a stiffer spray it helps to ensure that there is some air included in the syringe). The syringe should not be emptied into the baby's mouth!

