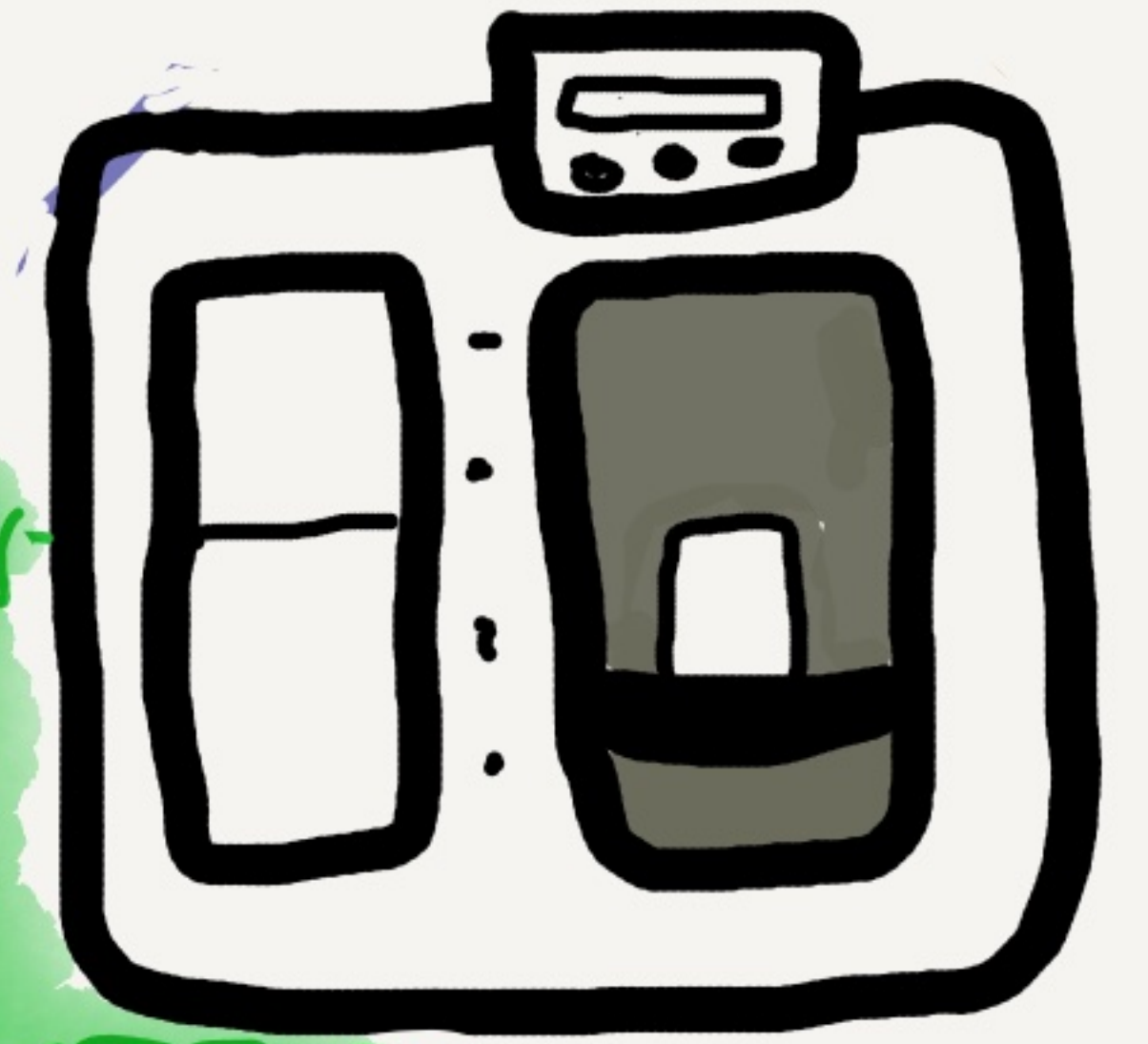


THE Honest Midwife

INFANT
FEEDING

Formula Feeding

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Governing Bodies

- WORLD HEALTH ORGANISATION (WHO)
- UNITED NATIONS INTERNATIONAL CHILDREN'S EMERGENCY FUND (UNICEF)
- BABY FRIENDLY INITIATIVE (BFI)

OFFICIAL RECOMMENDATION
IS THAT BABIES SHOULD
BE EXCLUSIVELY BREASTFED
FOR AT LEAST 6 MONTHS
IDEALLY 24 MONTHS

Remember: Follow on milk
is not proven to be needed
for your baby. It only
exists because of an advertising
loophole.

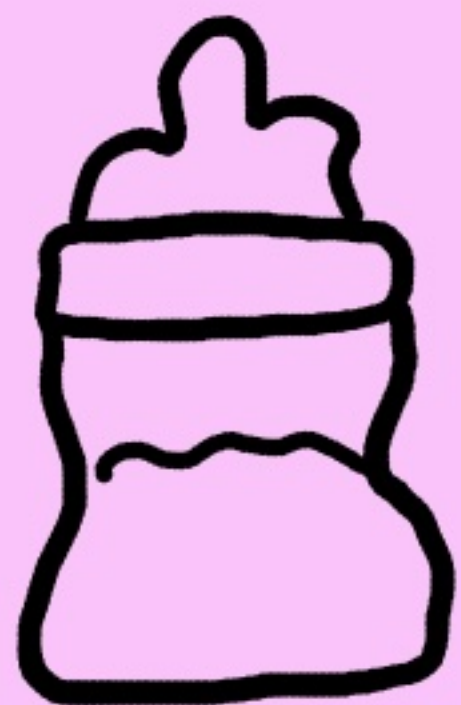
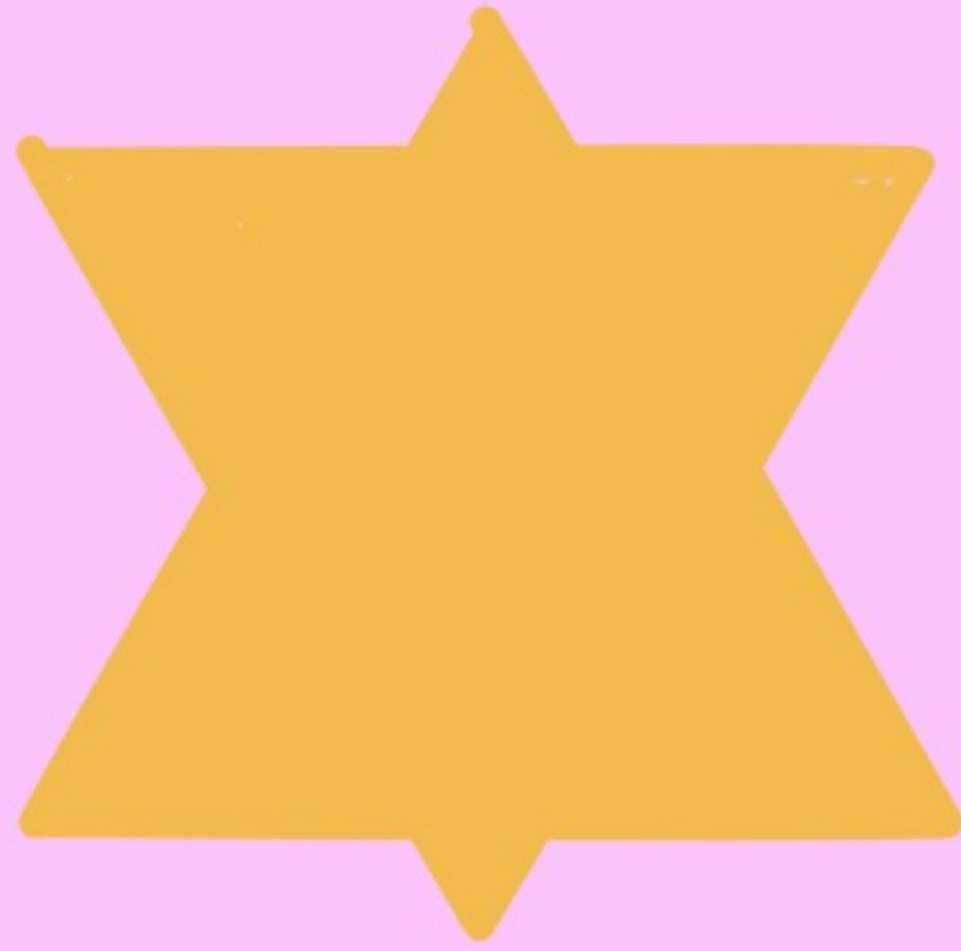
The Law

- NO ADVERTISING FORMULA
- NO DISCOUNTING FORMULA
- NO HEALTH CARE PROFESSIONAL
ENDORSEMENT
- INGREDIENT REGULATION

Making Up Bottles

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NHS Gold Standard



- Boil Kettle with at least 1 Litre of fresh water and cool for no more than 30 minutes.
- Place bottle on a clean surface
- Always add water first
- Add milk as per manufactures instructions
- Feed to baby straight away.



Sterilizing Bottles

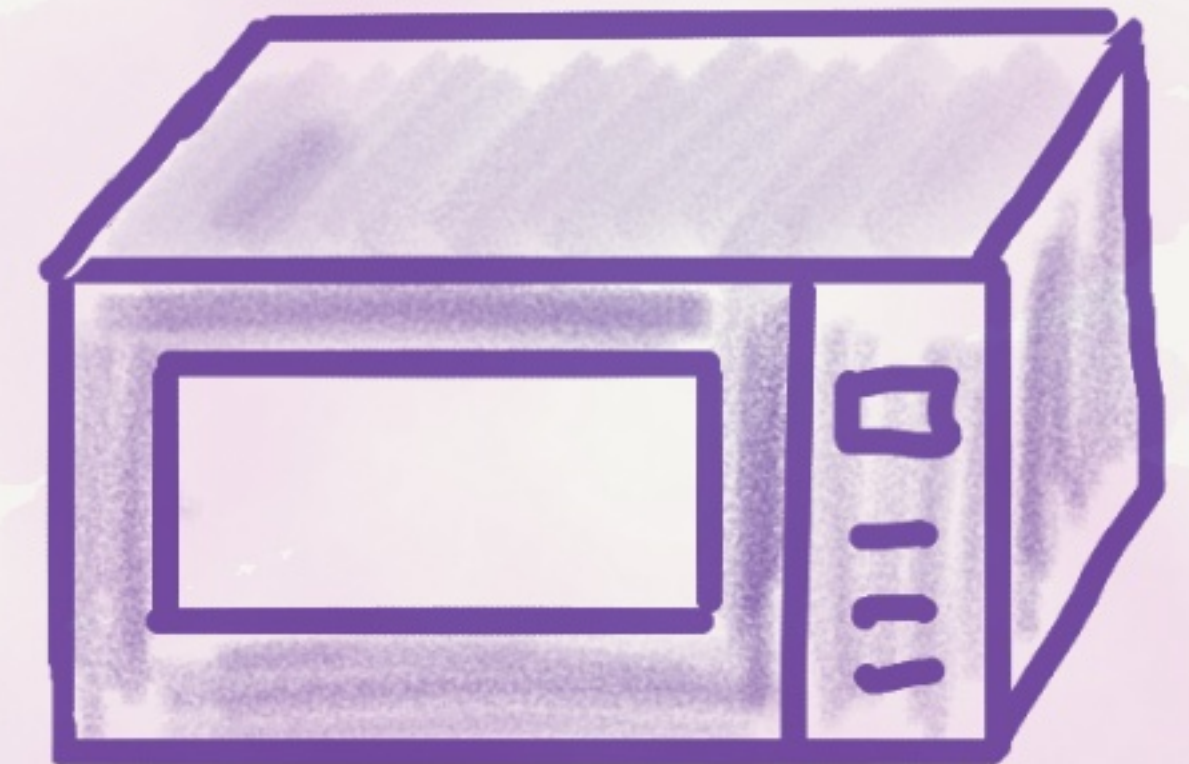
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Before any
sterilizing all
items should be
washed with
hot, soapy water
use a bottle brush.



Once items have
been cleaned and sterilized
they need to be used
within 24 hours or will
need to be sterilized
again!

There are various
different pieces
of equipment
on the market
for sterilizing.
All will do the
job - it just
comes down to
personal preference



Microwave



Water



Electric/UV

Formula Amounts

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Baby will be giving wet and dirty nappies

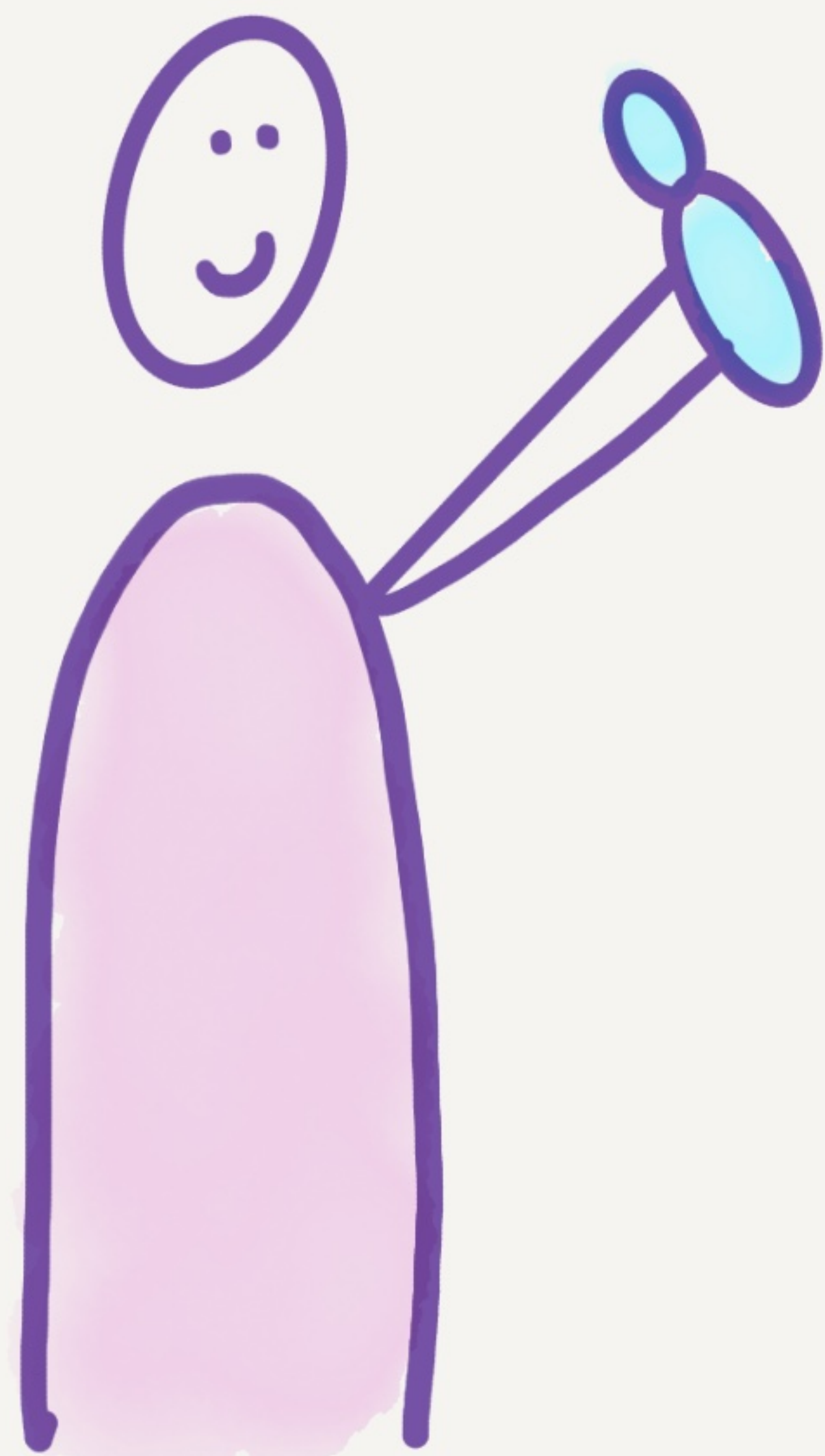
how much formula do I feed my baby?

How will I know my baby is getting enough?

Amounts will vary from baby to baby. However a rough guide provided by NHS is:

150 - 200 ml of formula per kilo of weight per day

It is not recommended you use bottled water for formula



What is Colostrum?

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Colostrum is packed with white blood cells which help to protect baby against infection

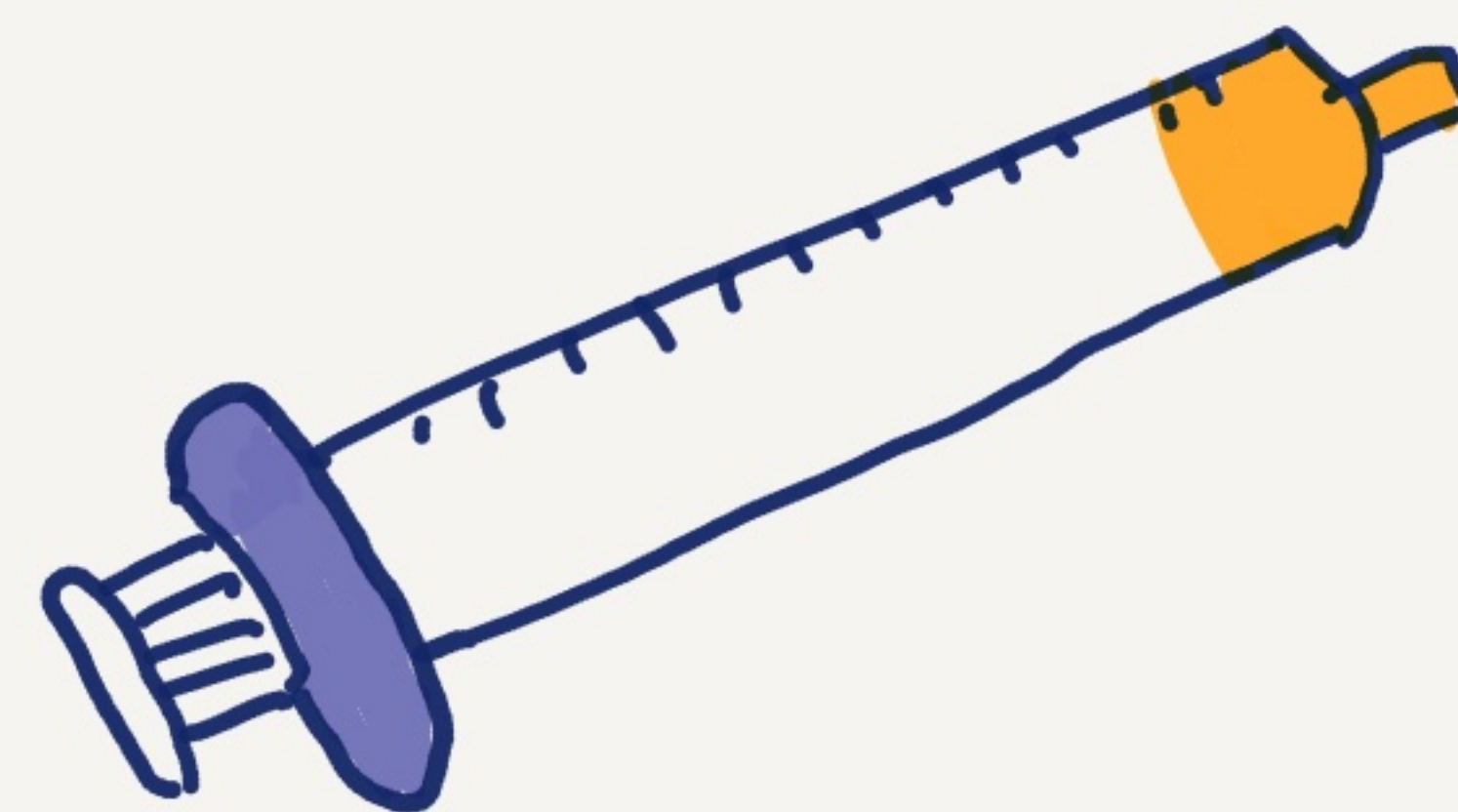
As we don't know when baby will arrive Colostrum ensures there is some food for baby but waits to send volume so that Mum doesn't get ill whilst waiting for baby to arrive.

Colostrum Harvesting is collecting colostrum into little syringes for use when baby is here

You can start Colostrum Harvesting from 37 weeks

Colostrum is the first milk we produce in preparation for feeding our newborn.

Colostrum is easy for babies to digest and is full of nutrients and antibodies to get baby off to a great start



Colostrum Harvesting

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What you harvest is not an indicator of your future supply. So, don't worry!

- Start from 37 weeks
- Do at same time everyday (roughly)
- Imaging breast is a clock:
Start with middle finger at 12
thumb at 6.
- Squeeze & release, squeeze & release
- If you see liquid coming from nipple draw into 1ml syringe
- Store in ziplock bag in freezer

Many midwives advise taking harvested colostrum into hospital. I would personally leave it at home and get it brought in if you need it. Otherwise it can get wasted.

The Physiology

The breasts start preparing for breastfeeding from between 16-22 weeks. You may notice some leaking from your breasts. This is normal and nothing to worry about.

In the last few weeks of pregnancy, your baby develops a layer of brown fat. This special fat is used by the baby as food as they learn how to latch and mature milk starts to flow.

Research tells us that if baby is able to feed within the first hour you could potentially make 40% more milk. However, don't panic if this isn't possible. Just feed baby as soon as you are able.

Feeding on demand is key to building a good supply. If baby is awake, has had nappy changed, assume that they are hungry and put them to the breast.

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As baby grows you will have days when baby feeds much more = Normal



Challenges

Your baby needs to have as much breast in their mouth as possible

Tongue Tie

Cracked Nipples

As your midwife to help get the latch right. Get your partner to watch.

Sore Nipples

Poor Latch

Explore what support is available in your area

Common Breastfeeding Challenges

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Low Milk Supply

Mastitis

A poor latch is like badly fitting shoes

Blocked Ducts

Engorgement

Many of these are avoidable with the right support.



Milk Storage

Ideally defrost breastmilk slowly in the fridge. If you do need to defrost it quickly you can put it in a jug of warm water

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Make sure you label your milk with time & date

Thawed breastmilk can have a slightly different colour or smell.

Room Temp

Fridge upto 4°C

Freezer

Thawed at room temp

Thawed in fridge

TERM BABY

6 HOURS

5 Days

6 - 12 months*

4 hours

24 hours

NICU BABY

4 hours

4 days

3 months

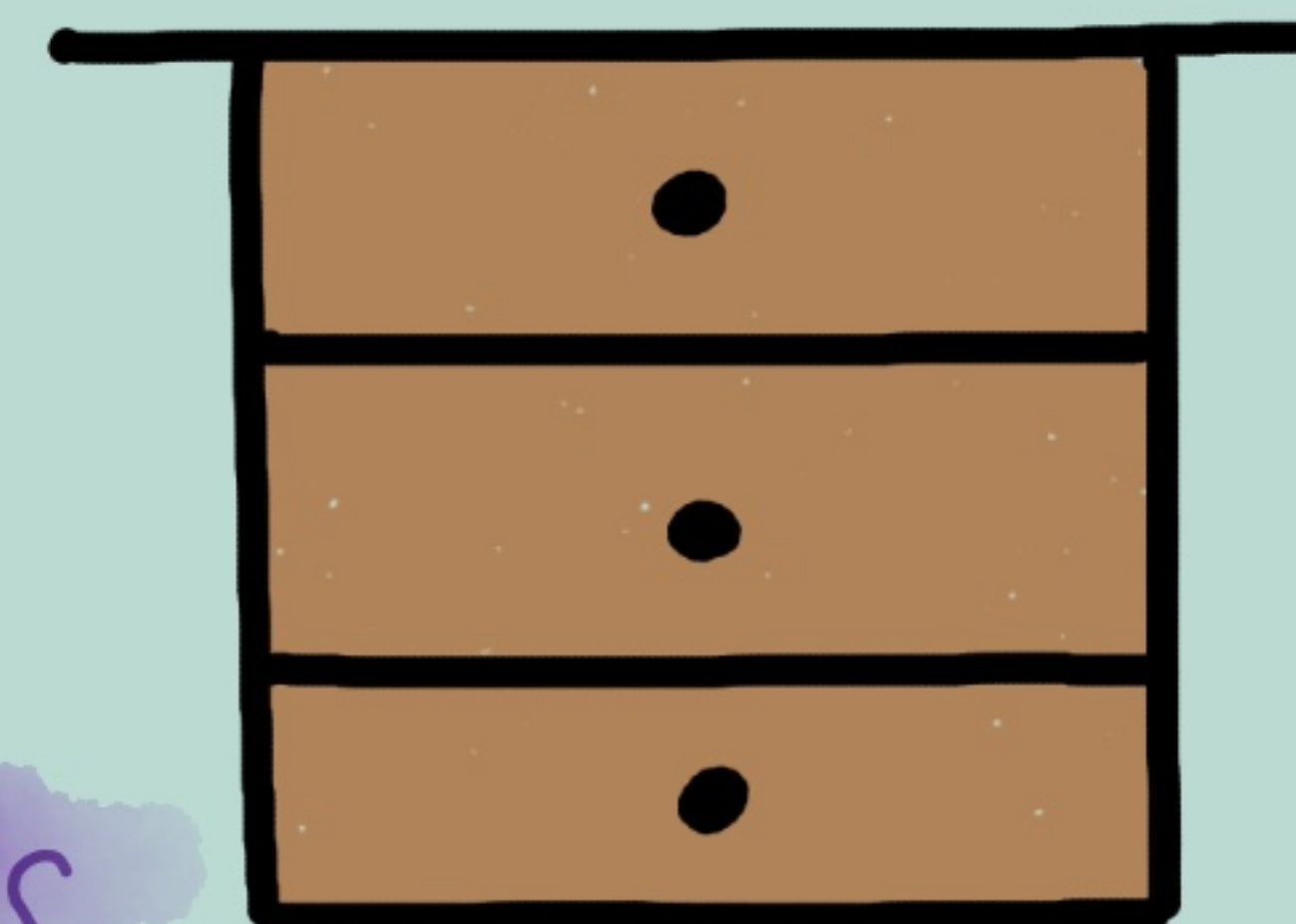
4 hours

24 hours

NEVER RE-FREEZE MILK



Breastmilk can be kept in freezer for 12 months however you should ideally use any frozen milk within 6 months



Mixed Feeding

What is mixed feeding?

Breastfeeding & Expressing
Expressing & Formula
Formula & Breastfeeding

When to start mix feeding?

The early days of breastfeeding can be challenging as you and baby get the hang of things. I would try to breastfeed for a couple of weeks before mixing things up a little bit.

Once you decide you want to stop breastfeeding cut back slowly. Drop one feed every 3-4 days.

Why you may want to mix feed

Going back to work
Want baby to take a bottle
Partner want to feed baby

Consistency is key.

To minimise disruption to your milk supply try to be consistent with your express or formula times. So expressing at a similar time of day or giving formula for certain feeds.



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