

Putting Switch Feeding, Breast Compressions, Supplementing and Pumping together - Step By Step

Feeding your baby - Offer the breast every time your baby shows feeding cues (eg lip smacking, hand to mouth). Don't wait until your baby is upset. Breastfed babies don't feed at regularly spaced intervals - but your baby will need at least eight feeds each 24 hours.

- 1. Get yourself comfy** – well supported & leaning back a bit. You can give your breasts a quick massage and 'shake' to stimulate. (This increases the fat content from the start of a feed, rather than just towards the end)
- 2. Get your baby comfy** – on his/her tummy and on top of you. This lets your baby's inborn reflexes for breastfeeding work best.
- 3. Help your baby get a big mouthful of breast.** Babies latch mostly by feel. It may help to shape* your breast so that your baby gets lots of breast when he takes it into his/her mouth. *'Shape, don't shift'. Make adjustments to your positions as necessary – until your baby is really close, mouth open really wide, with the chin pressing into your breast. This picture <http://tinyurl.com/luk8e5s> and these videos <http://tinyurl.com/jwuryxh> may help.
- 4. Let the milk flow.** Relax. Breathe – long and slow - and talk to your baby. Your voice will reassure your baby. After a moment or two the milk will begin to flow or 'Let Down', and sucking will become rhythmic. Notice your baby's swallows. You can know when your baby is getting milk. You will see your baby's chin go down slightly lower and then hear a quiet 'ah' sound. After a time, the swallows will become less frequent, and you will notice *several sucks* before a swallow. Then use your hand to **compress your breast**, getting your hand around the breast and using a steady squeezing pressure. Thinking of your breast as being like an icing bag helps. These 'breast compressions' will result in more milk flowing and help your baby get rich creamy milk. see <https://www.youtube.com/watch?v=Oh-nnTps1Ls&safe=active>
 - ☞ After a while your baby may have another burst of rhythmic sucking and more frequent swallowing again, due to a second Let Down.
 - ☞ When the swallows have become less frequent again, slip your finger into your baby's mouth to break the suction and remove from the breast. Cuddle your baby and pat his/her back for a moment to see if he needs to burp. You don't need to take too long over this.
- 5. Let your baby have the other breast**, watching for swallows and compressing your breast, in the same way as the first side.
 - ♥ At some point between the 'sides' you might like to change your baby's nappy. It is normal for your baby to fall asleep at the breast, when full and content. And it would be unhelpful to then wake your baby up, to change a nappy.
- 6. Offer the first breast again** in the same way, and then the second breast again.

7. Give a supplement (extra milk) *if needed*.

- ♥ Your own pumped milk (if you have it) is best. You may also consider breastmilk from another mother, or Infant Formula.
- ♥ If you are giving your baby extra milk it is ideal to use a tube at the breast. This rewards your baby for feeding at the breast, doesn't lead to nipple confusion, stimulates your production, and saves time. If using a tube at the breast is not possible, use a cup or a bottle. If using a bottle, it is best to use 'Paced Feeding', see page 'Using a bottle to feed a baby'.
- ☞ If your baby has been feeding okay at the breast, you can give the extra milk during, or between, the 2nd, 3rd or 4th 'side' as it suits.
- ☞ If your baby has been refusing the breast, has been getting upset and frustrated because the flow is not fast, **or** your baby has been lacking energy to feed well, you can start giving the extra milk from the beginning of the feed. That way your baby gets an instant and ongoing reward.
- ☘ How much to give? Probably from 10-70mls. It will vary. It doesn't need to be the same each time, and doesn't have to be exact. Be guided by your baby's cues (behaviour), age and weight gains, as to how often and how much.

Normal Breastmilk Volumes

Approximate...	Day 1	Day 2	Day 3	Day 4	1wk – 1 month	1-6 months
Range / 24hrs	Drops - 30	60 - 125	125 - 250	250 - 375	570 - 900	750-900
Average / 24hrs					750	850
Range / feed	2 – 10	5 – 15	15 – 30	30 – 60	60 - 90	90-120
Average feed						75
tummy size*	5-7mls	10mls	15mls	20mls	35mls	40 -100mls

* tummies grow and become more stretchy with time and are likely to vary between individuals

Normal weight gains - Based on growth charts from The World Health Organisation

Age	0-4 months	4-6 months	6-12 months
Average Gain	155 – 241 grams per week	92 – 126 grams per week	50 – 80 grams per week

8. Then pump – if needed

- ☘ If your baby didn't feed well or your breasts don't feel drained or softened it is a good idea to pump or hand express *as soon as you can*.
- ☘ If your breasts *have* been well drained you might like to pump or hand express, for extra stimulation, about an hour after the feed.
- ☘ Use your hands to massage and express some milk first. Then pump for about 5-10 minutes using your hands to squeeze your breasts as you pump, then use your hands to express the last drops. Using your hands in this way will increase your milk yield by nearly 50%. A good video to watch is <http://newborns.stanford.edu/Breastfeeding/MaxProduction.html> Also see info page 'Using a breast pump'.

Try and move through all these steps without getting caught up too long with winding, or nappy and clothing changes. There is no advantage for a feed to go on for a long time. For milk production it is better to have lots of short feeds rather than a few long feeds.

Q & A's

But I thought you should let a baby feed until he releases the breast? Yes, as a general rule. But if you pay attention to your baby's sucking and swallowing rhythm you will know if baby is actively feeding and getting milk. Sometimes it's best to change sides even though your baby is still sucking, but not swallowing often. 97% of the available milk is taken during the first two 'Let Downs'. There will be more Let Downs of course but there is not much advantage in a hungry baby working hard for a very small amount of cream when there is a good volume of milk sitting in the other breast.

But I thought it was best to feed off one side only, to get the hind milk? There has been much misunderstanding around this. It is difficult to greatly manipulate the amount of fat a baby receives, and is usually not necessary. It is the volume of milk that is needed for good weight gains. Restricting a baby to one side reduces the amount a baby gets, reduces milk removal and slows production. Using the 'breastmilk shake' before, and 'breast compressions' during the feed, helps your baby get the fat.

Are you sure he won't be getting too much foremilk? Too much foremilk is associated with an over-supply of milk. Your baby would likely have very frequent swallowing at the breast, followed by lots of burping, spilling, farting and tummy distention. Your baby would usually have many large, explosive frothy (often green) poos and have *huge* weight gains.

How long will it take for my milk production to increase? This varies a lot as there are many factors involved.

What foods should I eat? Eat what you enjoy. Increasing complex carbohydrate eg oats, whole grains, quinoa may increase production.

Is there anything I should avoid? The following affect some mum's production more than others: Caffeine, Alcohol, smoking, antihistamines, hormonal contraception, and large amounts of peppermint oil. Sage is a herb used to decrease milk production.

What about herbs and teas? Many mothers find Fenugreek and Blessed Thistle increases their milk production.

What about medication to take? Domperidone is a prescription medication that is effective in increasing milk production in most women. Your Midwife or Doctor may prescribe this. A Lactation Consultant can discuss this with you.

When can I stop 'switch feeding'? As your production increases you will notice more swallowing and your baby may seem full sooner. Eventually you may find that at some feeds one side is enough, at most feeds two sides are needed, and at some feeds your baby may want several sides. This is normal breastfeeding. Your baby's is your guide.

My baby feeds all the time. When am I supposed to find time to pump? Don't stress. In many situations, the baby (along with breast compressions) is the best at removing milk and stimulating milk production. In other situations, it is best achieved by pumping or hand expression, but whatever achieves frequent and efficient milk removal.

✿ Pumping eight times each 24 hours is often ideal, but even one pump can be helpful.

✿ Have the pump easily available, set up and ready to go. You don't have to wash the pump every time.

✿ Whenever and however you remove milk, whether by your baby, a pump or hand expression, you will have best results if you do it frequently and efficiently *using your hands* to massage and compress your breasts.

✿ You can 'cluster pump' at any time, as it suits you. It is better to have lots of short pumps rather than a few long pumps.

✿ Babies often feed frequently or 'cluster feed' in the afternoon and evenings, so then may not be the best time to pump ☺

What if I have just pumped and then my baby wants to feed? Go ahead and feed your baby. There will always be some more milk as a breast is never completely empty. And besides, that emptier breast is where the rich creamy milk is. But pay attention to the swallows, using lots of breast compressions and swapping sides frequently, to make the most what is available.

Generally If you can get the pumping done fairly soon after a feed, and not taking too long over it, there will be more time for you to rest and your breasts to make more milk before your baby cues for another feed.

When can I stop supplementing? You may find that at some feeds your baby seems satisfied without much or *any* supplement, perhaps in the morning feeds. Your baby's behaviour and weight gains are your guide. You can wean from supplements gradually, about 10mls less each 24 hours, or you can choose to go 'cold turkey'. If stopping supplements abruptly you may like to take a 'Breastfeeding Vacation' where you and your baby go to bed for 2-3 days and do *nothing* but breastfeed, eat and sleep (and maybe watch a movie ☺).

Compiled by Debbie Tetlow RN, IBCLC edited 24/8/15, 27/9/17 © This may be reproduced for educational purposes. References available.