



Image: Thomas Widmann Flickr

## THINKING OF SUPPLEMENTING?

Many parents are encouraged to introduce formula to supplement breastfeeding.

If your baby needs to be supplemented, the first rule is feed the baby.

For less urgent situations, read on for more info.



### Things to consider:

- Ask your healthcare provider for a detailed description of why they are suggesting supplementation.
- Look at the baby, not just the chart. Is baby alert? Is baby meeting developmental milestones?
- Consider how labor and delivery may affect growth. IV fluids and medications can inflate birth weight or make a baby sleepy and less willing to nurse.
- Have you and baby been thoroughly assessed by a Leader or lactation consultant to rule out possible nursing problems with parent or baby?
- Explore the option of using an at-the-breast supplementer rather than a bottle.
- Stay positive, and continue to work with a breastfeeding helper to help you form a short and long-term plan for how to supplement without undermining breastfeeding.

Questions about breastfeeding? Get free support from your local LLL Leader.