

Care Plan for Breastfeeding Your Late Preterm Baby (born at 34-36 6/7 weeks gestation) or Early Term Baby (born at 37-38 6/7 weeks gestation)

We would like to support you on your breastfeeding journey at home by providing suggestions for breastfeeding your Late Preterm or Early Term baby.

Feeding problems often seen with Late Preterm and Early Term babies:

- Baby may be sleepy for part or entire feedings, so he/she is not eating enough to grow
- Baby may have incoordination of suck, swallow, breathe which makes it harder to eat

How to support baby while she/he is learning to breastfeed:

- Continue attempting to breastfeed
- Offer baby supplemental feedings in order to keep baby well-nourished while maturing and learning to breastfeed
- Establish and maintain mother's milk production by pumping so she is making enough for baby

You will follow the same Care Plan for breastfeeding as you did while in hospital:

Every 3 hours:

Step 1 Attempt breastfeeding

- Wake baby for feeding by changing diaper and quietly talking to her/him
 - Late preterm babies respond better to gentle stimulation
- You may need to swaddle baby to support her/him for more effective breastfeeding (keep hands free)
- If baby latches on and begins breastfeeding, continue.
 - Baby should be actively sucking and swallowing at least 10-30 minutes per breast (See *Signs of Effective Breastfeeding* below)
- If sleepy or not interested in breastfeeding, move to offering a supplemental bottle



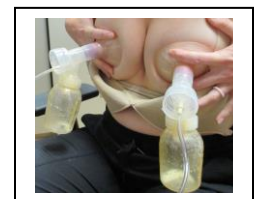
Step 2 Offer supplement

- If baby does not breastfeed effectively at least 10-30 minutes per breast, offer a supplement of expressed breast milk or formula
 - Ask your baby's doctor how much to supplement at each feeding
 - If baby continues to need a supplement, **increase the volume supplemented by small amounts of 7-10 mL per feeding each day.**
- When supplementing with a bottle, follow the *Care Plan for Bottle Feeding Your Baby*.
- Finish breastfeeding and bottle-feeding session within 30 minutes to prevent weight loss.



Step 3 Express Your Milk with a Breast Pump

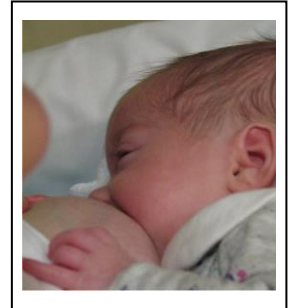
- Express your breast milk with the Symphony hospital grade breast pump while in the hospital to stimulate your milk production.
- Continue pumping at home with your own pump while following this care plan.
- Consider renting a Symphony breast pump from medical supply company or pharmacy if your personal pump is not working well.
- Follow the *Care Plan for Establishing Milk Production with A Hospital Grade Breast Pump*.
- Check with baby's health care provider about how long to continue supplementing your baby



Care Plan for Breastfeeding Your Late Preterm Baby (born at 34-36 6/7 weeks gestation) or Early Term Baby (born at 37-38 6/7 weeks gestation)

Signs of Effective Breastfeeding:

- Baby is breastfeeding 8-12+ times in 24 hours (this may be closer to 40 weeks)
- Breastfeeding sessions are consistently lasting 10-30 minutes per breast
- Baby is sucking and swallowing with his/her jaw dropping and you hear swallows
- Breastfeeding is comfortable for you (no nipple or breast pain)
- Baby appears to be satisfied after breastfeeding and does not become hungry sooner than the next feeding in 2-3 hours
- If baby cues to feed earlier than 3 hours due to hunger, he/she still needs some supplement from the bottle after breastfeeding



Breastfeeding and low milk production:

- If your milk production is low and you are not able to make enough to meet baby's intake needs when breastfeeding, you will need to continue offering a bottle supplement afterwards
- For assistance in building your milk production, speak with a lactation consultant at the TriHealth Breastfeeding Care Center by calling 513-862-7867

Confirm that your baby is breastfeeding effectively before you stop pumping and giving your milk in a bottle. Do this by:

- Requesting a weight check at your baby's doctor to ensure that baby is gaining appropriately
 - Weight gain is typically $\frac{2}{3}$ -1 oz per day and should continue after supplemental bottles are no longer taken
- Schedule an appointment lactation consultant at the TriHealth Breastfeeding Care Center (513-862-7867, press option 3) for assistance and to make changes in your breastfeeding plan as needed
- Continue to pump after breastfeeding until baby has transitioned to full breastfeeding in order to maintain your milk production

If you are feeling unsure about your care plan or overwhelmed, please call a lactation consultant at the TriHealth Breastfeeding Care Center (513-862-7867, press option 3). We are happy to assist you!