

Nursing Mother's Guide for Babies with Slow Weight Gain



Tidewater Lactation Group, Inc.
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Need more help?

If you have additional questions about breastfeeding or the services offered through Tidewater Lactation Group, Please call our office.

Call: 757-422-5502

1. Breastfeed 10-12 times in 24 hours. Your baby should feed every 2 to 3 hours around the clock. Keep a record of feedings.
2. Feedings should be finished within 40 minutes.
3. Massage your breasts before putting the baby on and use gentle hand compression on the breasts during breastfeeding. This will also keep baby interested and increase the amount of richer milk to the baby.
4. Keep baby awake and "on task" by rubbing his back, arms, or legs.
5. Switch breasts when baby slows down and stops swallowing.
6. Supplement with expressed breastmilk (or formula) _____.
7. Supplement with (cup, syringe, SNS, Hazelbaker, bottle).
8. Baby needs _____ for calories.
9. Use a hospital-quality double electric breastpump _____ to increase your milk supply.
10. Write down baby's feedings and wet and dirty diapers.
11. Return to _____ for a weight check on _____.

Feeding sheet given and explained. _____.

I have read and understand the above feeding plan. _____

**For questions or concerns call the lactation consultants at
Tidewater Lactation Group, Inc at 757-422-5502.**

