

# Triple Feeding



## Three Steps to Triple Feeding

### 1. Breastfeed Baby:

- Hold baby skin-to-skin as much as possible.
- Feed every three hours, or on cue.
- Nurse as long as you can hear or see the baby swallowing.
- Use breast compressions to increase the flow of milk into baby's mouth.
- You may need to limit the time your baby spends at the breast.
- If your baby won't latch after a short time, go to steps two and three.

### 2. Supplement Baby:

- Feed your baby your pumped milk.
- If there isn't enough pumped milk available and your baby is still hungry, offer human donor milk or formula.
- If your baby will latch, you may give the supplement through a tube placed next to the nipple during nursing.
- If no latch, give the supplement via a cup, spoon, syringe, finger-feed or slow-flow bottle, as instructed.

### 3. Pump:

- Massage your breast before pumping.
- Use breast compressions as needed.
- Use a double electric breast pump and save the milk for later. A hospital-grade pump is recommended.
- Refrigerate pumped breast milk if it won't be used within four hours.
- Pump for 15–20 minutes at a comfortable setting. As your milk supply increases, pump until each breast feels soft.
- Pump after each breastfeeding session.

Triple feeding is a method to feed your baby that:

- Helps baby learn to breastfeed
- Builds and maintains milk supply by pumping
- Makes sure baby is getting enough calories and hydration

Triple feeding may be needed if:

- Baby is born late preterm
- Baby isn't able to latch on
- Baby loses too much weight
- Baby is unable to remove enough milk
- The latch is too painful
- Your milk supply hasn't fully come in yet
- If baby is jaundiced

Triple feeding requires commitment and may be needed until close to the baby's due date and/or until the baby has a good weight gain. All three steps should be done every three hours, allowing for one 4-hour stretch of sleep during the night. Once the baby has passed birth weight, is gaining weight consistently and breastfeeding well, you'll no longer need to wake him/her for feeds and can feed based on feeding cues.

You'll need to complete the feeding process within an hour and you may need to limit your baby's time at the breast. You'll need the rest of the hour for supplementing your baby with another feeding method and then pumping your breasts. Sleep helps your baby grow and sleep also helps you recover after childbirth.

The length of time that you'll triple feed varies. Pumping and supplementing times can lessen as your milk supply increases and baby is nursing better and gaining weight. It's very important that your doctor and a lactation consultant monitor your progress. If all goes well, you'll reach the point where you feed your baby only at the breast.

**Praise yourself for all of your efforts toward giving your baby the special gift of breast milk.**

