

## Small Baby Feeding Plan

Small babies get many benefits from their parent's milk, including better health, growth, and development. Human milk reduces the risk of necrotizing enterocolitis (NEC), a devastating intestinal disease of premature infants.

### SMALL BABIES NEED SPECIAL NUTRITION

- Your baby may need intravenous (IV) nutrition after birth until they are able to digest milk in their tummy
- Tiny amounts of milk are given by a feeding tube and increased little by little each day
- When a baby is born early, they miss the extra nutrients provided by the placenta so milk is fortified with a nutritional supplement to boost the calories and minerals to help baby grow



### YOUR MILK IS MEDICINE

Pumping and giving your baby your milk is one thing that you can do to make a big difference; your *milk is specially created for your baby*

- To establish a good milk supply, pump your milk within 6 hours of delivery; the sooner the better. Pump at least 6-8 times a day – it is best not to go more than 4 hours in between pumping, and be sure to pump at least once at night (between 12 and 5 am)
- Be sure you go home from the hospital with a double electric pump and a pumping plan; meet with your lactation consultant in the hospital before you go home
- The goal is to pump at least 600-800 mLs (20-27 ounces) a day within 2 weeks of your baby's birth

### DONOR MILK IS A BRIDGE

Your baby needs to eat soon after birth. You can help shorten the time baby needs IV nutrition with bringing in your own milk. Even so, the amount we are feeding your baby is usually more than what you can produce in the first few days of life. Most tiny babies need pasteurized donor human milk until parent's own milk is enough to meet baby's needs. Fortified donor milk is also a complete nutrition for families who are not able to provide their own milk.

### DONOR MILK IS SAFE

Donor milk is donated by healthy individuals. This is very similar to blood donation. They are screened and the milk is heat treated (pasteurized) and tested for safety. Milk banks process donated milk to meet criteria set by the Centers for Disease Control and Prevention, the U.S. Food and Drug Administration, and the Human Milk Banking Association of North America.

### PROTECT YOUR MILK SUPPLY

Your milk is full of nutrients and other things to help your baby thrive, even after baby is home

- Keep pumping regularly to keep your milk supply up
- If you start a new medication or treatment; label your milk and notify your healthcare team
- If you are advised to stop pumping or discard your milk; please check with us first! "Pump and Store until you know more!"

### WE ARE HERE TO HELP

Ask your nurse, lactation consultant, or healthcare team if you have any questions. We are here to help. We want your baby to feed, grow well, and go home as soon as they are ready!