Problem Solving: Supplementation Handout: Supplementation Summary

Level 2

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| **Maternal Problem** | **Signs** | **Causes** | **Questions to Ask** | **Tips/Solutions** | **When to Yield** |
| **Combination Feeding** | * Requests for formula from WIC | * Delayed milk production * Perception of insufficient milk * Lack of support * Influence from family members * Early challenges with breastfeeding * Desire for others to help feed the baby * Belief that their milk alone does not satisfy baby * Mother’s desire to breastfeed and give formula * Returning to work/school | * What are some reasons you began giving your baby formula? * What changes have you noticed since you started giving your baby formula? * What do your family members tell you about using formula? * What does your baby’s healthcare provider say about using formula? * Describe any plans you might have to go to work or school. | * Offer basic information such as maintain milk production if supplementing. * Build a healthy milk production to support combination feeding by getting a good start in early days (skin to skin, feeding 8-12 times in 24 hours, avoiding pacifiers and formula in first month). * Keep breasts well drained in the first month to build milk production. * Hand express or pump to remove milk as needed. * Address breastfeeding challenges promptly. * Talk with family members during pregnancy about breastfeeding goals. * Set a good foundation in the first month with exclusive breastfeeding. * Provide support to breastfeed   as long as desired. | * Yield to CPA or DBE if:   + Mom requests a food package change to receive formula.   + Mom wishes to rebuild production.   + Mom is concerned about baby’s weight or output.   + Mom needs assistance with alternative feeding methods. |