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.
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