

MIXED FEEDING

BREAST MILK

It is amazing you have decided to continue to give breast milk to your baby – every drop, every feed makes a difference to yours and your baby’s health – reducing infection, obesity, diabetes and cancer to name a few. **Protective ingredients can only be found in breast milk so any breast milk your baby receives matters!**

TOP TIPS TO CONSIDER

Long term breast milk production is set up in the first couple of weeks of life – the milk making cells are being ‘switched-on’.

Could you consider waiting until your baby is a couple of weeks of age before commencing formula milk?

The hormone that produces breast milk is higher at night.

Could you consider keeping the night feeds as breastfeeds?

By giving more breast milk than formula milk you are protecting your long term milk supply – this makes it easier if you ever want to go back to exclusively breastfeeding.

EXPRESSING

Some mums choose to express their breast milk – talk with your **support team** to discuss breast pumps, expressing techniques and storing milk

FORMULA MILK

Please make sure you understand how to clean your equipment, prepare your feeds safely and feed your baby responsively when using a bottle.

Ask your **support team** for information



YOUR SUPPORT TEAM

Your midwife, health visitor, children’s / neighbourhood centre can help you

National Helpline
0300 1000 212

Local breastfeeding groups
– please come along