

Combining Breast and Bottle Feeding

It could take several weeks for you and your baby to feel happy and content with breastfeeding. You have been given this information as you have chosen to combine breast and bottle feeding (expressed breast milk or formula). This is sometimes called **mixed** or **combination feeding**.

Breast milk

It is amazing you are continuing to give breast milk to your baby. Every drop, every feed makes a difference to the health of your baby and yourself; 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 really does matter.

Expressing

Some mothers choose to express their breast milk. Please ask for help with breast pumps, expressing techniques and how to store breast milk.

Formula milk

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

Help and support

Breastfeeding should not hurt. Please ask for help from your Midwife, Health Visitor, Childrens Centre if you are experiencing pain. For the most up-to-date support numbers and groups in the local area, please follow the QR code or visit the website:

<https://elht.nhs.uk/services/maternity-and-newborn-services/infant-feeding>



Top tips to consider

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

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 keeping the night feeds as breastfeeds?

The hormone that produces breast milk is higher at night.

By giving more breast milk than formula milk, you are protecting your milk supply for the longer term. This makes it easier if you ever want to go back to exclusive breastfeeding.

Breastfeeding is the healthiest way to feed your baby. If you decide not to breastfeed or to stop breastfeeding, it is possible to restart. Giving infant formula to a breastfed baby will reduce your milk supply. You do not need to eat any special foods while breastfeeding, but it is a good idea for you, just like everyone else, to eat a healthy diet.