

# Combining Breast and Bottle Feeding

It could take several weeks for you and your baby to feel happy and confident with breastfeeding. You have been given this information as you have chosen to combine breast and formula feeding.

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 mums choose to express their breast milk. Please contact your support team to discuss 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.

**Ask your support team for information.**

## 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.

## Help and support

**Breastfeeding should not hurt**, please ask for help from a midwife, health visitor, children's or neighbourhood centre if you are experiencing any pain.

**National Helpline** 9.30am-9.30pm, every day:  
0300 1000 212

Please come along to local breastfeeding groups.