

## What is supplementing?

Supplementing means giving your baby your expressed milk, donated milk, or formula, in addition to breast/chest feeding, for medical or personal reasons.

It is important to have information to help you make decisions about feeding your baby. Talk with your healthcare provider about options to supplement your baby's feedings.

## What are the options to supplement my baby's feedings?

Option 1 Your breast or chest milk	Option 2 Pasteurized Donor Human Milk (PDHM)	Option 3 Infant formula
Fresh or frozen, hand-expressed, or pumped milk is the recommended choice for feeding your baby.	Human milk from a certified milk bank can be a temporary supplement to help feed your baby while you learn to breast/chest feed.	Is a manufactured substitute for human milk. Is typically prepared by mixing powdered or liquid formula with water.
<p><b>Benefits for infants</b></p> <ul style="list-style-type: none"> <li>• Provides protection from               <ul style="list-style-type: none"> <li>○ Allergies</li> <li>○ Being overweight</li> <li>○ Bowel disease (NEC)</li> <li>○ Diabetes</li> <li>○ Ear infections</li> <li>○ Sudden infant death</li> <li>○ Some childhood cancers</li> </ul> </li> <li>• Provides immune support that helps with digestion and protects intestines from harmful bacteria and viruses</li> <li>• Improves brain development of preterm and sick infants</li> </ul>	<p><b>Benefits for infants</b></p> <ul style="list-style-type: none"> <li>• Similar to mother/parent's own milk with same benefits for infants</li> <li>• Provides human milk when you are not able to produce enough of your own</li> <li>• Biologically active (has health benefits beyond providing nutrients)</li> <li>• Protects intestines against harmful bacteria and viruses</li> <li>• Provides immune support that helps with digestion and protects intestines from harmful bacteria and viruses (necrotizing enterocolitis)</li> <li>• Provides antibodies that help fight illness and infection</li> </ul>	<p><b>Benefits for infants</b></p> <ul style="list-style-type: none"> <li>• Provides necessary nutrition</li> </ul>
<p><b>Benefits for mothers/parents</b></p> <ul style="list-style-type: none"> <li>• Protects against               <ul style="list-style-type: none"> <li>○ Breast and ovarian cancer</li> <li>○ Diabetes</li> <li>○ High blood pressure</li> </ul> </li> <li>• Promotes healing after giving birth</li> <li>• Promotes closeness and bonding</li> </ul>	<p><b>Benefits for mothers/parents</b></p> <ul style="list-style-type: none"> <li>• Provides human milk when you are not able to produce enough of your own</li> <li>• Supports mental health and well-being by decreasing anxiety about milk production</li> <li>• Helps mothers/parents to keep working on breastfeeding and making milk</li> </ul>	<p><b>Benefits for mothers/parents</b></p> <ul style="list-style-type: none"> <li>• Feeding the baby can be a shared activity with another caregiver</li> </ul>

Option 1 Your breast or chest milk	Option 2 Pasteurized Donor Human Milk (PDHM)	Option 3 Infant formula
<p><b>Challenges</b></p> <ul style="list-style-type: none"> <li>• Support for breastfeeding/chestfeeding varies across communities</li> </ul>	<p><b>Challenges</b></p> <ul style="list-style-type: none"> <li>• Availability of donor milk may be limited due to lack of donors</li> </ul>	<p><b>Challenges</b></p> <ul style="list-style-type: none"> <li>• Babies who do not receive human milk are at a higher risk for: <ul style="list-style-type: none"> <li>○ Ear infections</li> <li>○ Lung and breathing tract infections</li> <li>○ Infectious diarrhea</li> <li>○ Sudden infant death syndrome</li> <li>○ Overweight and obesity</li> <li>○ Type 2 diabetes</li> </ul> </li> <li>• May cause decrease in mother/parent's milk supply</li> <li>• May make breastfeeding more difficult for the baby (faster flow from bottles and bottle nipples feel different than human nipples)</li> <li>• May cause engorgement (swelling due to milk that is trapped) and cause problems with latching</li> <li>• May negatively affect the baby's microbiome (gut health)</li> <li>• Extra time is needed to sterilize equipment</li> <li>• Ready-to-feed formula can cost up to \$6,400 a year (not including other feeding supplies)</li> <li>• You could lose your formula supply if a manufacturing recall happens</li> <li>• Powdered formula is not recommended for babies under 2 months old</li> </ul>

### How do I supplement my baby's feeding?

- Learn to recognize when your baby is hungry. Look for cues such as mouth opening, yawning, turning their head to the side and sucking on their fingers.
- Holding your baby skin-to-skin as much as possible creates the best environment for feeding.
- Breast/chest feed and give your baby your own milk first. Offer your baby the supplemental milk if they continue to show hunger cues.
- If you supplement and are planning to breast/chest feed, ensure you are hand expressing or pumping to build your supply while your baby is not effectively or directly feeding.
- Talk with your nurse or healthcare provider about the different ways to feed your baby extra milk to decide what is best for your baby and you.
  - Spoon
  - Feeding syringe
  - Feeding tube
  - Cup (small medicine measure cup or shot glass)
  - Bottle (glass or BPA-free hard plastic)

### Where can I find more information?

Talk to your nurse or healthcare provider about options related to feeding and supplementing your baby's feeding. For more information, use the QR Code below for the BC Women's website.

