This plan is intended for infants born at 38 weeks gestation or greater who are having difficulty latching at the breast.

- Practice skin to skin contact from birth and as much as possible, especially during the first days.
- Feed your infant when hunger cues are apparent (coming out of a deep sleep, thrusting tongue, licking lips, putting hands to the mouth).
- Infants typically have a good feeding during the recovery period immediately after birth. After that, many infants go through a long sleep cycle. Some infants remain very sleepy for up to 24 hours or more. This is considered normal newborn behavior for the full term, healthy infant.
- If your infant is not awake 3 hours from the start time of the previous feeding, wake your infant by un-swaddling them, changing the diaper, and removing some clothing if needed.
- Spend about 15 minutes attempting to latch your infant at the breast. Your infant should be able to actively suckle for at least 10-15 minutes. Request assistance from your nurse if needed.

If you or your infant become frustrated or are unable to achieve a latch at the breast, stop for that feeding and continue skin to skin contact as much as possible.
Expressed colostrum is the preferred milk for your infant. If your infant is experiencing this sleepy phase and unable to effectively feed every 3 hours, we recommend hand expression as an effective technique for expressing colostrum to supplement your infant.

When offering your infant any supplemental feeding, use the following guidelines to determine the recommended volume:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Volume per Feed</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>First 24 hours</td>
<td>2-10 ml.</td>
<td>At least 4-6 times per day</td>
</tr>
<tr>
<td>25-48 hours</td>
<td>5-15 ml.</td>
<td>Every 2-3 hours</td>
</tr>
<tr>
<td>49-72 hours</td>
<td>15-30 ml.</td>
<td>Eight times per day</td>
</tr>
<tr>
<td>73-96 hours</td>
<td>30-60 ml.</td>
<td>Increase as needed</td>
</tr>
</tbody>
</table>

If you are not able to express the desired amount of colostrum needed for supplementation, then infant formula is recommended after the first 24 hours, unless medically indicated sooner.
Until your infant is more wakeful and feeding more regularly, we also recommend pumping with an electric piston style breast pump to establish a plentiful milk supply. Pump after every feeding session for 15-20 minutes.

Keep track of your infant's feeding, supplements, stools and urine each day.

Have your infant's weight checked within 1-2 days of going home and as needed thereafter until both you and your infant's physician are confident about the infant's ability to breastfeed successfully.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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