

Whangaia tō pēpi i te miraka paura – Feeding your baby infant formula

Covering the basics – Canterbury Maternity Services

Nau mai, haere mai. Welcome to our postnatal service!

We're excited to be with you as you start life with your new pēpi (baby).

We hope you and the people helping you will read this guide called "Covering the Basics" to learn some important things for these early days.

Our team and your Lead Maternity Carer (LMC) will take care of you and help make a feeding plan that works best for you and your pēpi.

Whānau choose to feed their pēpi infant formula for many different reasons.

We want to make sure you have all the right information to make good choices about feeding your pēpi.

If you are thinking about using formula, or have already chosen to, the staff will talk with you about:

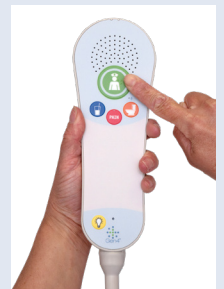
- How breastmilk helps keep you and your pēpi healthy
- How much formula and feeding gear might cost until your pēpi is one year old

No matter what you decide, the staff will support you and give you all the information you need to feed your pēpi safely.

If you have any questions, please talk to a midwife or nurse. We are here to help you.



Hold pēpi in skin-to-skin contact as much as possible.



Please use the call bell to ask for help.

The midwives and nurses providing your care want you to ask them for support with feeding your pēpi.

EARLY CUES – "I'm hungry"



• Stirring



• Mouth opening



• Turning head
• Seeking/rooting

Respond to early feeding cues.

Staff will show you how to safely feed your pēpi using a bottle.




Staff will discuss with you:

- how to choose an infant formula
- how to make up the formula
- how to clean and care for the feeding gear
- how to care for your breasts

At least once each shift, a staff member will check how feeding is going and look at the feeding record to see how you and your pēpi are doing.

We'll show you how to fill out the feeding record.

If you have any questions or worries about feeding your pēpi, please press the call bell to ask for help.

What we recommend	Why we recommend
Hold your pēpi in skin-to-skin contact as much as possible.	This helps you connect with your pēpi and helps build the immune system of your pēpi.
Respond to the feeding cues of your pēpi. Check the 'feeding cues' poster on the wall to help you recognise them. Watch your pēpi, not the clock.	Responding to the feeding cues of your pēpi helps you both bond. Remember: Using a pacifier can hide signs that your pēpi is hungry.
Feed your pēpi at least 8 times over 24 hours. These are average feed volumes for a healthy, full-term pēpi. Volumes may be higher for premature or smaller babies. Your midwife or nurse will discuss this with you. Day 1: 0–24 hours (2–10 mL/feed) Day 2: 24–48 hours (5–15 mL/feed) Day 3: 48–72 hours (15–30 mL/feed) Day 4: 72–96 hours (30–60 mL/feed)	It is normal for your pēpi to feed a lot. In the first few days pēpi drink about the same amount whether they're breastfed or formula fed which is just right for their tiny tummy.
Paced bottle feeding is a way of feeding your pēpi with a bottle and teat. To learn more, watch this video from the Milk Mob on your phone, or ask to watch it on our i-pad.  https://www.youtube.com/watch?v=OGPm5SpLxXY	Paced bottle feeding is safe and supportive of pēpi feeding instincts. It helps to prevent choking, over feeding and supports the natural need of your pēpi to suckle.
Appropriately paced bottle feeds will take an average of 10-20 minutes.	If the feed is too fast, the milk comes out too quickly, and your baby's sucking reflex might not be satisfied. If the feed is too slow, the milk comes out too slowly, and your pēpi might have to use too much energy to drink
Please fill out the infant feeding record with both what your pēpi eats and how many nappy changes they have.	This helps us to understand the feeding needs of your pēpi and helps us to plan for when it is time for you to go home.
The Ministry of health booklet ' Infant Formula for your baby ' has helpful information. A staff member will go through this booklet with you and your whānau (family) to show you how to safely make up the formula and clean the feeding equipment.	We want to make sure that you and your whānau can: Prepare formula safely Clean and take care of the feeding equipment at home.

We will talk with you about how to take care of your breast/chest and give you the leaflet "Caring for your breasts when you are not breastfeeding"