

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

## COVERING THE BASICS – CANTERBURY MATERNITY SERVICES

Nau mai, haere mai.

We welcome you to our postnatal service and look forward to sharing your early days of parenthood as you grow your whānau.

Together our maternity staff, and your LMC will provide your care and in discussion with you create a feeding plan based on your current, individual needs.

We invite you and your support people to read this 'Covering the Basics' infant feeding information when you are ready. We hope you enjoy your stay with us.

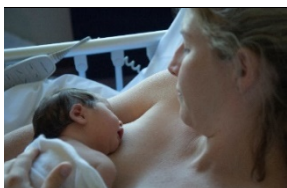
Whānau choose to feed their pēpi infant formula for many different reasons.

Because it is important to us that all decisions around the health of you and your pēpi are well informed, if you are considering, or have chosen to use infant formula to feed your pēpi, expect staff to discuss with you:

- The benefits and health protection breastmilk provides compared with infant formula use
- The cost of feeding equipment and infant formula until your pēpi is 12 months old

Please be assured that whatever your decision, the staff caring for you will provide you with the support, and all the information you need to feed your pēpi safely.

If you have any questions, please ask a midwife or nurse. Do not hesitate to ask for the support you need.



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



Please use the call bell to access the support you need. The midwives and nurses providing your care want you to ask them for support with feeding your pēpi.



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 prepare infant formula
- how to clean and care for the feeding equipment
- how to care for your breasts

AT LEAST once per shift, a staff member will review the infant feeding record and evaluate the needs of you and your pēpi. Your midwife or nurse will show you how to fill out your infant feeding record.  
If you have questions or concerns about feeding your pēpi, please ask for support using the staff call bell.

## WHAT WE RECOMMEND

## WHY WE RECOMMEND

Place your pēpi in skin-to-skin contact as much as possible.

*This supports your body's responses associated with bonding and supports the immune system of your pēpi.*

Respond to the early feeding cues or your pēpi. (refer to the Feeding Cues poster) leaving no longer than three hours between feeds.  
Watch your pēpi, not the clock.

*Responsive feeding supports pēpi appetite and bonding.*

*Be aware that pacifier use can mask feeding cues.*

Feed your pēpi at least 8 times over 24 hours.

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

*Frequent feeds are normal.*

*Average feed volumes per feed over the first few days are similar to the breastfed pēpi and is supportive of their small tummy.*

The paced bottle feeding method for feeding your pēpi with a bottle and teat.

On your phone, **Google: “Milk Mob Paced Bottle Feeding”** and watch the video for more information. Or ask to watch this video on our portable iPad.

*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.

*Faster feeds = milk flow is too fast and sucking reflex not satisfied  
Slower feed = milk flow is too slow and too much energy may be used*

Complete your infant feeding record with both input (feeds) and output (nappy changes)

*This helps us all understand the feeding needs of your pēpi and assists with planning for safe care and discharge.*

The Ministry of health booklet **“Infant Formula for your baby”**

A staff member will go through this booklet with you to teach you and your whānau how to safely make up infant formula and how to clean and sanitize infant feeding equipment.

*It is important to us that you and your whānau are able to:*

- Prepare formula safely
- Clean and care you're your feeding equipment at home

We will discuss breast care with you and provide the information leaflet 'Caring for your breasts when you are not breastfeeding' (Ref.2407639)