



Breastfeeding ... after your baby has been formula-fed

Can I start breastfeeding after my baby has been formula feeding?

Yes, many mothers can successfully breastfeed after several weeks of not breastfeeding. This is called **relactation**.

Success will depend on:

- how old the baby is
- if the baby was breastfeeding before, how long since the baby breastfed.

How do I get started?

You need to know how to put your baby on the breast correctly. This is called the 'latch'. If you need more information or help, ask a Lactation Consultant, a Public Health Nurse, La Leche League Leader or Midwife.

Offer your baby the breast at least 8 times in 24 hours. Your baby may take the breast quite easily. Make sure that your baby latches on to the breast correctly. Ask for help early if you are not sure that your baby has a good latch.

Expressing your breasts will help you make more milk. If your baby is not yet ready to take the breast, you will need to express by hand or with a good quality hand pump. A double, electric pump helps make more milk faster. Pump 8 to 12 times a day if your baby is not latching.

The more milk you feed or pump, the more milk your body will make. This is called supply and demand.

Does my baby need formula as well as breastmilk?

Until your milk supply increases, you will likely need to give your baby formula too. Some mothers are not able to make all the milk that baby needs. They continue to give their babies formula as long as they are breastfeeding.

The Lactation Consultant or your health care provider can help you decide how much formula to give and the best way to give it. You may use a tube at the breast, or use another feeding method such as a cup or spoon. Your nurse or midwife will show you how to do this.

Using pacifiers and bottles while your baby is learning to breastfeed may make latching more difficult.

What can I do to make breastfeeding as successful as possible?

Find people that support you. Tell your family and friends that you want to breastfeed and you need their support. You can also talk to a Lactation Consultant, Breastfeeding Clinics, Public Health Nurse, Midwife, La Leche League Leader or your Doctor.

Get as much help at home as you can. You can use this extra time to rest and practice breastfeeding with your baby. It may take 4 to 6 weeks to get breastfeeding going well.

Stay in close contact with your baby. Spend as much time as you can skin-to-skin. A baby sling may help you stay close to your baby when you are busy or have other children to look after.

You may need to take a herb (fenugreek) or a medication (domperidone) to help your body make milk. Talk to your Doctor, Lactation Consultant and Pharmacist about your options.

Other herbs, hormonal birth control methods and some medications can stop or slow down milk production. Talk with your Doctor and Pharmacist about your medications and how they may affect your milk supply.

Give yourself some time. You and your baby are learning something new. This takes time, practice, patience and support from others. Soon you will find that you feel more confident about breastfeeding.

How do I know my baby is getting enough milk?

Check your baby's wet and dirty diapers.

Babies more than 5 days old should have 6 to 8 heavy, wet diapers and at least 3 yellow bowel movements (stools) each day.

Have your baby's weight checked regularly.

Your baby's weight should be checked every week, and more often if your Doctor or Lactation Consultant feel it is necessary.

Remember these 3 things that make breastfeeding successful:

- ✓ **A good latch.**
Your baby latches correctly on the breast.





- ✓ **Supply and demand.**
You are breastfeeding and/or pumping often.

- ✓ **Confidence and support.**
With help from others you will start to feel sure that you can breastfeed your baby.



There are many people who can answer questions and help you build up your milk supply.

Some choices are:

-  a Lactation Consultant
-  a Public Health Nurse
-  a La Leche League Leader
-  your Doctor or Midwife