

Breastfeeding your baby and the impact of using supplements, teats and dummies

An information guide



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Supplements, teats and dummies

Giving infant formula to your baby while your body is setting up a good milk supply can interfere with your body's ability to make enough milk for your baby, so staff will not encourage you to do this, unless your baby is unwell and you are not able to express breastmilk. Giving formula milk can also reduce some of the many benefits of breastfeeding and possibly make your baby more prone to diarrhoea and allergies.

Offering your baby a dummy at this stage can also mean that he does not go to the breast when he normally would. Again, this means that your breasts are not getting the stimulation required to make milk and later on you may make less. It would also be helpful at this stage to avoid using teats (and dummies) as your baby is learning how to attach and feed from the breast. Introducing something different into his mouth has the potential to confuse him and slow down his ability to learn how to breastfeed well.

When babies are first learning to breastfeed it is important to avoid doing anything that interferes with their natural feeding pattern. In the early days babies are primed to feed between 8-12 times in 24 hours with some of these feeds taking place at night.

Giving formula milk would mean that your baby was filled up and would be less likely to want to feed, meaning that your breasts were not being asked to produce milk regularly in the crucial early days, and this can result in less milk being produced in the longer term. Dummies can have the same effect if they are given when a baby is hungry –pacifying your baby-increasing the time between feeds, which may lead eventually to you producing less milk.

Although you may still be able to produce milk, your *chances* of producing large enough quantities to exclusively breastfeed are significantly reduced.

If your baby is unsettled:

- Try gently rocking him/her
- Close intimate contact or skin-to-skin contact
- Check that your baby is positioned and attached well at feedings to make sure that he is getting enough of your milk
- Make sure you are aware of his/her feeding cues and are responding to them (hands to mouth, rooting, licking).

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

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