



BREASTFEEDING:

COMBINATION FEEDING



You may have planned to feed only your breastmilk to your baby but have encountered some challenges. Whatever the challenge, you can ask WIC about helping to work through it.

CAN I BREASTFEED IF I AM USING SOME FORMULA?

Breastfeeding does not need to be all or none. Mothers who need to use formula can continue breastfeeding. Breastfeeding continues to be important for your baby, and for you. The more breastmilk, the better. Any amount of breastmilk is important, and so is the snuggling and bonding that comes with breastfeeding.

As you breastfeed less your milk supply will decrease. Talk to WIC about maintaining your milk supply.

Paced bottle feeding will help reduce waste of pumped milk or formula. To see how it's done search for:

› Paced bottle emerald doulas or
www.youtube.com/watch?v=KY8ct80VqaE

Share information about paced bottle feeding with those who will be caring for your baby while you are away.

If you add formula or breastfeed less often, fertility returns more quickly, so you have a greater chance of getting pregnant earlier. Ask your health care provider about options for spacing pregnancies while breastfeeding.



TIPS FOR MAINTAINING SUPPLY

- Breastfeed first, before bottle feeding or pumping.
- Make breastfeeding in the morning part of your routine.
- Breastfeeding will help with your comfort, so your breasts do not feel too full, and will help maintain your supply.
- Remember that your baby will remove milk better than a pump.
- If you are supplementing because you cannot pump at work or school, breastfeeding more when you are with your baby will help maintain your milk supply.

If you decide you would like to rebuild your milk supply and stop supplementing, talk with WIC. In many cases, it is possible.

Your WIC food package may change based on the amount of formula issued.

IF YOU STOP BREASTFEEDING

Women stop breastfeeding for different reasons. If you always planned to breastfeed and found that something prevented you from continuing you may feel sad, angry or relieved. Mixed feelings are ok. Talk about that with someone you trust.

In some cases it may be possible to resume breastfeeding if you get the right support.

Call WIC, your lactation consultant or health care provider if you have any questions or concerns about breastfeeding.

