

# Triple Feeding Handout

Hello exhausted new parents! Congratulations and welcome to the chaos of parenthood!

This is a handout about Triple Feeding, which is a temporary measure to try to increase mother's milk supply while ensuring your baby is getting adequate calories and fluid. Feedings (i.e. this whole process) should occur at least every 2-2.5 hours during the day and at least every 3 hours overnight - and that's from the start of one feeding to the start of the next.

There three components are as follows:

## 1. Direct Breastfeeding (20-30 minutes total)

- The first component is to have the infant feed directly at the breast.
- Falling asleep at the breast is not unusual for a newborn - you'll want to try to stimulate the infant to keep him/her active at the breast: try undressing, tickling the feet, tapping/rubbing the back. Skin to skin contact before and during the feeding, along with massaging the breasts during the feed also encourages the infant to stay active.
- Do "switch nursing" - once the infant slows sucking on one breast, switch to the other side. This will often wake the infant; you can switch back and forth several times to keep them active at the breast.
- If the baby will not latch after a few minutes or shuts down at the breast, move on to the next step
- Once the infant is no longer actively sucking, let the infant come off the breast. Non-nutritive sucking (i.e. using mom as a pacifier) does increase nipple stimulation and milk production but can be very time consuming.

Limit the total duration of breastfeeding to 10-15 minutes per breast. Frequency of nipple stimulations is usually more important than duration for increasing milk supply.

## 2. Supplementation (10-15 minutes total)

If possible, hand baby to another care provider to supplement with expressed breast milk (if available), or formula, so that mother can do step #3. Usually offer 1-1.5 ounces (30-45 mL) but can vary.

## 3. Pumping (5-15 minutes total)

- Pump for 5-15 minutes total, using a double electric breast pump (5 minutes if milk not in yet, 15 minutes if it is!)
- Enlist supportive family members to help clean pump parts and bottles!
- Remember, it is normal to express very small amounts of milk at this time. It's about the stimulation, not the volume of milk. Any milk you can produce, can be used for a supplemental feed or stored for a rainy day. And, for most women, prolactin (milk-producing hormone) levels are highest in the morning, and decline as the day goes on, which means your supply decrease throughout the day; this is normal.

This is a general outline for triple feeding; your physician or lactation consultant/counselor can help recommend changes to better suit your personal needs. Every mother-infant pair is unique! We understand that this is exhausting; remember YOUR health and sanity matter too!

**Keep it up! You're doing great!**