Feeding Your Premature Baby with Fortified Breast Milk

24 calories/ounce

Before your baby goes home, we want you to feel comfortable feeding your baby. Make sure you have fed your baby in the hospital. During this time, you will learn how to feed your baby using the methods the nurses show you.

Your Baby's Special Needs:

Before you take your baby home, you will be told what type of formula your baby will be eating. Your baby's doctor will decide the type of formula, the amount to feed your baby, and how often your baby should eat.

- Most premature babies need to be fed 8 to 10 times a day.
- Do not wait longer than 3 hours to feed your baby. Your premature baby needs fluids often.
- You will know your baby is getting enough during feedings if there are 6 to 8 wet diapers a day.
- If you baby cries before the next feeding, and seems hungry, it can be from a growth spurt. This means that your baby may need extra food for a few days as he or she grows.
- If your baby cries, but is not hungry, a pacifier will often satisfy the need to suck. Also check to see that your baby is warm and dry.

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Learn more about your health care.
Feeding

You baby’s doctor may recommend breast milk or a special formula for feeding. Some formulas have extra vitamins in them to help your baby grow.

Formula: **Breast Milk and Neosure Powder**

Mix 2 ounces of breast milk with 1 level/unpacked teaspoon of Neosure powder. This is also known as 24 calories/ounce feeding.

Amount (ounces): ______________________________

Frequency (ounces): ____________________________

Preparing your baby’s formula

- Breast milk mixes best with the powder when it is room temperature or slightly warmer. The powder may clump when the breast milk is cold.
- Warm the breast milk by placing the bottle in a pan of warm water. Do not use the microwave as it can create hot spots that can burn your baby.
- Add the powder and gently shake until mixed in.
- Always test the temperature of the breast milk before feeding.

Feeding and Burping

- Hold your baby in a position that is comfortable for you when feeding your baby.
- Make sure the nipple is always filled with formula. This stops baby from taking in air a false sense of being full.
- Premature babies have the desire to suck, but often nipple feed slowly and tire easily. Allow for rest periods during the feeding. Stop the feeding if your baby seems to be sleeping and doesn’t respond to gentle movement of the nipple.
- To burp your baby, you may try to sit your baby up and rub the back. Burping the baby half way through the feeding is usually enough. For more help on burping, read the handout, **How to Burp Your Baby**.
Positioning After Feeding

Hold your baby upright or cradled in your arms for a few minutes after a feeding.

- If you return the baby to the crib to sleep, be sure to place the baby on his or her back. Getting to know your baby's feeding habits will make feeding time an enjoyable time for both of you.

- If you have problems or any questions about feeding your baby after you go home, please call us at (614) 298-8693.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.