Journal for weaning from formula supplements

Follow the written guidelines of your child health centre or hospital.
Use the journal to keep track of signs of successful breastfeeding

Date _____

Amount of formula / feeding _____ Number of formula feedings / day _____

Breastfeeding & expressing ○○○○○○○○○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○

Success signs fulfilled ○

Date _____

Amount of formula / feeding _____ Number of formula feedings / day _____

Breastfeeding & expressing ○○○○○○○○○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○

Success signs fulfilled ○

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Amount of formula / feeding _____ Number of formula feedings / day _____

Breastfeeding & expressing ○○○○○○○○○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○

Success signs fulfilled ○

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Breastfeeding & expressing ○○○○○○○○○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○

Success signs fulfilled ○

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Baby peed ○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○

Success signs fulfilled ○

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Baby peed ○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○

Success signs fulfilled ○

Date _____

Amount of formula / feeding _____ Number of formula feedings / day _____

Breastfeeding & expressing ○○○○○○○○○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○

Success signs fulfilled ○

One week gone!

Time for the next weighing and a new plan for weaning from supplements.

Nursing tips to increase your milk supply

- ☑ Keep your baby skin-to-skin. Sleep with your baby.
- ☑ Breastfeed your baby more frequently, at least 10 to 12 times a day. Try to add one feeding at night time or feed a sleepy baby.
- ☑ Switch breasts during a feeding. Switch breasts when the baby starts swallowing infrequently or gets sleepy.
- ☑ You can increase the milk flow into your baby's mouth by compressing your breast when the baby eats. Use a wide hold and squeeze the breast behind the areola.
- ☑ Pump after feedings or when the baby sleeps.
- ☑ If possible, try to use expressed milk instead of formula.
- ☑ Forget about pacifiers – let the baby suck your breast instead. Be prepared for the baby spending more time at the breast as you wean him from the supplements.
- ☑ Don't worry about your breasts feeling empty. More milk out equals more milk produced – supply and demand. The breast is never empty.
- ☑ Be patient and trust your body – the milk supply will increase within a few days. Signs of successful breastfeeding

The following signs indicate that your baby is getting enough milk

- ☑ The baby is feeding on demand at least 8 to 12 times per 24-hour period.
- ☑ The baby pees at least five times per 24-hour period.
- ☑ In the first weeks, the baby poops daily. If the baby is over six weeks, he may go days without pooping.
- ☑ The baby grows. As the amount of supplement decreases, the baby needs to be weighed weekly.
- ☑ Baby sucks efficiently and swallows milk
- ☑ Breastfeeding doesn't hurt.
- ☑ Contact the child health centre if you notice any alarming signs: the baby is sleepy or sucks weakly at the breast, breastfeeding hurts, he's not wetting enough nappies or the baby feels very unsettled.

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