

# Journal for weaning from supplements

Reduce the use of formula or expressed breast milk according to written instructions from your child health clinic or hospital. Use this journal to monitor the signs of successful breastfeeding.

## Nursing tips to increase your milk supply

- ▶ Provide the baby with plenty of skin-to-skin contact.
- ▶ Breastfeed the baby more often, at least 10–12 times a day. Try adding one feeding at night or feed a sleepy baby.
- ▶ Alternate breasts during a feeding. Switch breast when the baby starts swallowing less frequently or starts to nap.
- ▶ You can increase the baby's intake of milk by squeezing it straight into their mouth. Compress your breast with a wide grip from behind the nipple.
- ▶ Hand express or pump after or during feedings or while the baby sleeps.
- ▶ If possible, try to gradually replace formula with your own expressed breast milk.
- ▶ Forget the pacifier – let the baby focus on breastfeeding instead. Be prepared for the baby to spend more time at the breast when weaning from supplements.
- ▶ Don't worry if your breasts feel empty. The more you breastfeed, the more milk is produced. The breasts are never empty.
- ▶ Be patient and trust in yourself: your milk supply will increase after a few days.

## Signs of successful breastfeeding

### Here's how you know your baby is getting enough milk

- ▶ The baby **feeds** on demand, usually at least **8–12 times** a day
- ▶ The baby sucks and swallows milk efficiently
- ▶ The baby pees at least **five times** a day
- ▶ For the first few weeks, the baby **poops every day**. Babies over six weeks old might take days in between pooping
- ▶ **The baby is growing**. When reducing supplements, the baby should be weighed weekly
- ▶ Breastfeeding **doesn't hurt**
- ▶ **Contact your child health clinic** if the signs of successful breastfeeding are repeatedly not met: the baby is sleepy or sucks weakly, breastfeeding hurts, the baby isn't wetting diapers or the baby feels very unsettled

Date .....

Amount of supplements / feeding ..... ml

Number of supplemented feedings / day .....

Breastfeeding

Expressing milk

Baby peed

Baby pooped

Success signs fulfilled

Day  
1

Date .....

Amount of supplements / feeding ..... ml

Number of supplemented feedings / day .....

Breastfeeding

Expressing milk

Baby peed

Baby pooped

Success signs fulfilled

Day  
3

Date .....

Amount of supplements / feeding ..... ml

Number of supplemented feedings / day .....

Breastfeeding

Expressing milk

Baby peed

Baby pooped

Success signs fulfilled

Day  
5

Date .....

Amount of supplements / feeding ..... ml

Number of supplemented feedings / day .....

Breastfeeding

Expressing milk

Baby peed

Baby pooped

Success signs fulfilled

Day  
7

Date .....

Amount of supplements / feeding ..... ml

Number of supplemented feedings / day .....

Breastfeeding

Expressing milk

Baby peed

Baby pooped

Success signs fulfilled

Day  
2

Date .....

Amount of supplements / feeding ..... ml

Number of supplemented feedings / day .....

Breastfeeding

Expressing milk

Baby peed

Baby pooped

Success signs fulfilled

Day  
4

Date .....

Amount of supplements / feeding ..... ml

Number of supplemented feedings / day .....

Breastfeeding

Expressing milk

Baby peed

Baby pooped

Success signs fulfilled

Day  
6

In cooperation with:

