

PROBLEM SOLVING: SUPPLEMENTATION
LEVEL 2 HANDOUT: SUPPLEMENTATION SUMMARY

Maternal Problem	Signs	Causes	Questions to Ask	Tips/Solutions	When to Yield
Combination Feeding	<ul style="list-style-type: none"> Requests for formula from WIC 	<ul style="list-style-type: none"> Delayed milk production Perception of insufficient milk Lack of support Influence from family members Early challenges with breastfeeding Desire for others to help feed the baby Belief that their milk alone does not satisfy baby Mother's desire to breastfeed and give formula Returning to work/school 	<ul style="list-style-type: none"> What are some reasons you began giving your baby formula? What changes have you noticed since you started giving your baby formula? What do your family members tell you about using formula? What does your baby's healthcare provider say about using formula? Describe any plans you might have to go to work or school. 	<ul style="list-style-type: none"> Offer basic information such as maintain milk production if supplementing. Build a healthy milk production to support combination feeding by getting a good start in early days (skin to skin, feeding 8-12 times in 24 hours, avoiding pacifiers and formula in first month). Keep breasts well drained in the first month to build milk production. Hand express or pump to remove milk as needed. Address breastfeeding challenges promptly. Talk with family members during pregnancy about breastfeeding goals. Set a good foundation in the first month with exclusive breastfeeding. Provide support to breastfeed as long as desired. 	<ul style="list-style-type: none"> Yield to CPA or DBE if: <ul style="list-style-type: none"> Mom requests a food package change to receive formula. Mom wishes to rebuild production. Mom is concerned about baby's weight or output. Mom needs assistance with alternative feeding methods.