

Combination Feeding Quick Reference Guide

Maternal Problem	Causes	Areas of Assessment	Questions to Ask	Tips/Solutions	When to Refer
Combination Feeding	<ul style="list-style-type: none"> ▪ Inadequate milk intake by infant ▪ Maternal hormonal challenges ▪ Hyperbilirubinemia despite interventions ▪ Maternal low milk production ▪ Glandular insufficiency ▪ Cessation of breastfeeding due to medications or medical conditions 	<ul style="list-style-type: none"> ▪ Breastfeeding history to identify early practices, medical conditions, or medications that affect milk production ▪ Learn about any structural problems ▪ Mother's willingness and comfort with using breastfeeding aids ▪ Feeding plan advised by the healthcare provider 	<ul style="list-style-type: none"> ▪ What did the healthcare provider say about the need for supplements? ▪ What kind of follow-up plan did the healthcare provider arrange? ▪ How do you feel about the advice to supplement? ▪ How do you feel about using your milk as the supplement for your baby? ▪ What do you know about using breastfeeding aids (e.g., pump, nipple shield, etc.) 	<ul style="list-style-type: none"> ▪ Remind mom that any amount of breastfeeding is beneficial. ▪ Help mom establish an individualized feeding plan based on her goals. ▪ Offer supplementation options (e.g., nursing supplementer or alternative devices). ▪ Assist mom with maintaining or building production. <ul style="list-style-type: none"> • Hands-on hand expression or pumping to increase milk yield. • "Power pumping" techniques • Using an electric breast pump • Feeding schedule that maximizes feedings at the breast 	<ul style="list-style-type: none"> ▪ Refer to healthcare provider for further assessment if: <ul style="list-style-type: none"> • Baby's weight does not improve with formula supplements • Tips/solutions to address concerns are not effective • Milk production is not building sufficiently to meet the baby's nutritional needs • Concerns about the health of mother or baby ▪ Refer to CPA for food package tailoring and peer counselor for ongoing support.