

## Appendix 3 – Approximate Supplement Volume needed per day to Increase Weight Gain for Breastfed Babies

These supplementation volumes are to be used if the baby has inadequate weight gain for age. Any plan should be started with the expectation that it may need adjusting. Close monitoring of mother and baby is essential.

Any Weight deficit please review chart below for supplementation volume guidance

Weekly Weight Gain	170g 6oz	142g 5oz	113g 4oz	85g 3oz	57g 2oz	28g 1oz	0g 0oz
Weekly Weight Deficit	28g 1oz	57g 2oz	85g 3oz	113g 4oz	142g 5oz	170g 6oz	198g 7oz
Daily Supplement Needed	60ml 2oz	120ml 4oz	180ml 6oz	240ml 8oz	300ml 10oz	360ml 12oz	420ml 14oz

Adapted from Genna, C. W. (2016) Selecting and using breastfeeding tools: improving care and outcome. Armarillo, Tx: Praeclarus Press (Breastfeeding Answers A Guide for helping Families Nancy Mohrbacher IBCLC FILCA)

### **Relevant questions to ask the mother to help diagnose the potential issue:**

1. Any pain, discomfort or misshapen nipple during or after a breastfeeding.  
If the mother replies YES to any of the above. Refer to Midwife, Health Visitor or Lactation Consultant Clinic as positioning and attachment is part of / or the cause of the problem.
2. Expressing needs to be commenced immediately (if not already commenced). Double pump 8 times in 24 hours with once at night.  
Expressed Breast Milk (EBM) will be available for baby until Positioning and attachment has been corrected.  
This will also protect the mother's supply.

**Normal Increase in weight gain in breast fed babies is 4-7 oz per week. Baby will need to be weighed twice weekly until breastfeeding is established, and top ups are no longer needed.**

For example –

Baby's weight 3000g,

Baby's weight increases by 2 ounces (60g) 3060g in one week.

Baby's weight is in a deficit of **5oz (142gs)** that week.

Following the normal increase in weight gain of 4-7oz per week. **Therefore, a supplement of 10oz (300mls) will be needed in 24 hours.**

300mls divided by 8 feeds minimum = 37.5mls top up (can be divided over 10-12 feeds – normal with responsive breastfeeding)

key factors to look at before adjusting any supplementation.

1. Is baby breastfeeding well on both sides (Rhythmical suckling and swallowing)
2. Baby passing relevant number of wet and especially stooling nappies (“What goes in must come out”).  
Please look at appendix 2. Baby's usually will have anywhere between 5-6 poo nappies per day for the first 2 weeks and then settling into their own stooling pattern after 5 weeks.
3. Appropriate weight gain
4. Baby is content after a feed.