

# How can I Protect Breastfeeding if Extra Milk is Needed?

A supplement is any nutrition that your baby receives other than directly feeding at the breast. This may be expressed breastmilk or formula.

**There are things you can do to protect breastfeeding while supplementing.**

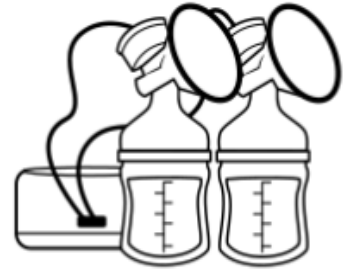


## Step 1: Feed your baby

- Practice **skin-to-skin** and watch your baby for **early hunger cues**.
- **Offer the breast first**, before supplementing. Keep practicing!
- **Your milk is always the best option**. Feed any expressed breastmilk before offering formula (do not mix them in the same container).
- **Consider using a cup, spoon, or lactation aid** to feed your baby until they are latching well at the breast. Feeding from a bottle requires different tongue and jaw movements than breastfeeding, and the milk flows at a faster rate.

## Step 2: Move your milk

- **Anytime your baby receives a supplement, hand express or use a double electric pump to express your milk**. Even if little or no milk comes out, this stimulation tells your body to make more milk.
- **Ensure good breast stimulation and milk removal takes place at least 8 times in 24 hours**.



## Step 3: Get support early

If your baby is having trouble feeding at the breast, and/or you are supplementing with the goal of continued breastfeeding, a [Lactation Consultant](#) can help you to:

- Address any feeding concerns or underlying issues
- Develop an individual plan to reduce or stop supplementation
- Protect breastfeeding and your breastmilk supply

Continue with steps 1 and 2 while waiting for support.



**Halton Baby-Friendly Initiative**  
Breastfeeding Basics

**Need more support?**

Visit [babyfriendlyhalton.ca/support](http://babyfriendlyhalton.ca/support)