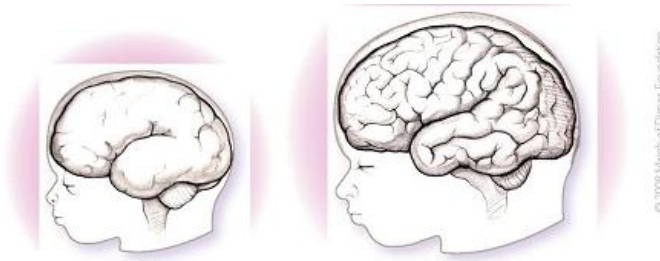




# Breastfeeding Your Late Preterm Baby



35 weeks

39-40 weeks

A baby's brain at 35 weeks weighs only two-thirds of what it will weigh at 39-40 weeks. (marchofdimes.com)

## Congratulations on Your New Arrival!

Babies born between 34 and 37 weeks gestation are referred to as "late preterm." Breastfeeding a late preterm newborn can be different than breastfeeding a full-term newborn. They often need more attention and help with feedings in the first few weeks.

## Don't Worry!

Your baby will get stronger, more alert and have improved breastfeeding skills over the next few weeks. Here are some suggestions to get you started:

- Spend lots of time with your baby skin
- Put baby to the breast and encourage breastfeeding on demand, 8-12+ times in 24 hours for 10-15 minutes at each breast to stimulate your breasts in the beginning. Breastfeed when baby shows feeding cues (licking lips, bringing hand to mouth, rooting).
- Remove additional milk from the breasts after each feeding if baby is not actively nursing or latching well. In the first few days we encourage using the double electric pump for 15-20 minutes after each feeding is sufficient or a minimum of 8 times in 24 hours.

## The First Choice for Supplementation is Your Expressed Breastmilk.

You might express only very small volumes of breastmilk for the first few days. *Don't worry!* Colostrum (mom's first milk) is always produced in small quantities and is everything your baby needs.

*Colostrum is called liquid gold!*

*How will you know your baby is getting enough and supplementation is no longer necessary?*

- Your baby breastfeeds at least 8-12+ times in 24 hours and nurses vigorously at each breast for at least 10-20 minutes at each feeding to stimulate your breasts in the beginning.
- Once your milk comes in you hear baby swallow when nursing and your breasts become much softer after feeding. Ensure baby is emptying your breast before offering the other breast.
- Your baby seems content and satisfied after nursing.
- Your baby has good diaper output with at least 6 wet diapers and the stools that turn yellow by day 5.
- Your baby returns to birth weight by day 10-14 and gains 4-7 ounces per week afterward.

Pump and supplement with additional expressed milk until your baby is past her due date and gaining 4-7 ounces per week. Then you can gradually decrease pumping and reduce how much you give her as a supplement after breastfeeding.

*Resources: Guidelines from UCSD and DHOP (Children's Hospital of Philadelphia), Late Preterm Infant Feeding.*

Diapers	Minimum Wet	Stool color	Estimated amount per feeding/pumping	
			Stomach size	mL per feeding (30 mL=1 oz)
			Breastfeed on demand (8-12+ times in 24 hours) Bottle feed on demand, at least 8 times in 24 hours (Baby might take more, let feeding cues be your guide)	
Day 1	1	black tarry/meconium	Day 1	2-10 mL
Day 2	2	black tarry/meconium	Day 2	10-15 mL
Day 3	3	dark green/brown	Day 3	25-30 mL
Day 4	4	dark green/brown	Day 4	45-60 mL
Day 5	5	yellow, seedy or loose	Day 10	60-80 mL
Day 6	6-8	yellow, seedy or loose	1 Month+	80-150 mL

\*If baby has not stoolled for 1 week or is fussy, spitting up more than normal, or has a distended stomach notify your physician and/or go to the Emergency Department for stools that are white/gray, black or red.  
*American Academy of Pediatrics/HealthyChildren.org*