

FEEDING YOUR UNWELL BABY

TIPS FOR FEEDING THROUGH ILLNESS

PATIENCE

All of these are normal. Baby may be:

- disinterested in feeds
- have quick short feeds but more often
- lazy, sleepy ineffective feeds
- on and off, delatching often to breathe



CARRY ON

Your body is very clever and will adjust to baby's needs.

Ultimately you don't have to change anything. Feed baby on demand and be flexible with lots of comfort feeding.

If you have had to pump you can wind this up as baby returns to their normal feeding behaviours.

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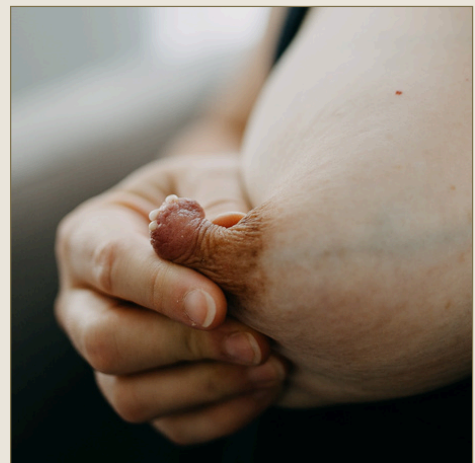
ADAPTING

With baby's altered feeding you may notice the milk removal from your breasts is much less effective than normal resulting in fullness, lumps or engorgement.

To adapt to this you may need to temporarily express your breastmilk for your own comfort and to support your supply while baby is not feeding at their best.

You can do this manually, with a hand pump or an electric pump.

Don't be alarmed if your milk looks different. When baby is sick your body creates antibodies to support baby's healing and it can change colour, green is a common colour.



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