



The Breastfeeding “Triple Plan”

Your Kaiser Permanente Care Instructions

What is the “Breastfeeding Triple Plan”?

- The “Breastfeeding Triple Plan” is designed to **assist you through the first weeks until full-time breastfeeding can be achieved.**

This plan can be used for:

- Premature infants
- Infants who are having trouble latching onto the breast
- Infants who have lost too much weight
- Infants with high bilirubin (yellow jaundice) levels, and
- Moms who are having milk supply problems.

Step 1

- As often as baby desires, but at least every three hours:
 - **Breast:** Offer your baby the breast.
 - Use the positioning and latch techniques that work best for you and your baby.
 - Try to latch for 5 to 10 minutes or until either you or your baby gets frustrated.
 - If baby is not able to latch well for at least 10 minutes with swallows, go to step 2.

Step 2

- **Supplement:** Offer expressed breast milk via spoon, syringe, cup, or bottle nipple of choice according to the stomach capacity chart below. On day 3 when baby is taking more milk, using the bottle nipple at all feeds is acceptable.

| <u>Age</u> | <u>Approximate amount every 2-3 hours:</u> |
|-----------------------|--|
| Day 1: Birth-24 hours | 2-10 ml |
| Day 2: 24-48 hours | 5-15 ml |
| Day 3: 48-72 hours | 15-30 ml |
| Day 4: 72-96 hours | 30-60 ml |

Step 3

- **Pump:** To increase milk production, use a double breast pump for a total of 15 minutes. Breast milk can be kept at room temperature, up to six hours.

If you pump more than your baby can drink, or if the baby successfully latches, you may refrigerate your milk for up to five days, or freeze it up to six months.

As your baby breastfeeds more regularly, you will be able to decrease the supplemental feedings and pumping frequency.