

## CPP0443. Breastfeeding the Healthy Term Newborn Baby – Appendix 2c Updated Sept 2023

A guide to supplementary feeding for a healthy term baby who has lost >10% of birth weight after 48 hours of age.

Breastfeeding Code (as per MR 450.0)	Action
<b>Code 1.</b> <ul style="list-style-type: none"> <li>Offered breast, signs of readiness to feed not shown, sleepy.</li> </ul>	Offer full quota feed at 3 hours
<b>Code 2</b> <ul style="list-style-type: none"> <li>Showing signs of readiness to feed – licking, nuzzling, restless</li> <li>Unable to achieve deep attachment and/or rhythmic sucking.</li> </ul>	
<b>Code 3</b> <ul style="list-style-type: none"> <li>Showing signs of readiness to feed</li> <li>Attaches and has a few sucks or less than 5 minutes rhythmic sucking</li> <li>Swallowing infrequent or not heard.</li> </ul>	
<b>Code 4</b> <ul style="list-style-type: none"> <li>Showing signs of readiness to feed</li> <li>Deep attachment.</li> <li>5 -10 minutes rhythmic sucking, frequent swallowing heard <u>or</u> &gt;10mins intermittent bursts of rhythmic sucking with occasional swallowing heard</li> <li>No signs of breasts filling</li> </ul>	Offer 10-20 ml EBM top up at 3 hours (use formula only if insufficient EBM)
<b>Code 5</b> <ul style="list-style-type: none"> <li>Showing signs of readiness to feed</li> <li>Deep attachment.</li> <li>Greater than 10 minutes rhythmic sucking, regular swallowing heard.</li> <li>Signs of breasts filling</li> </ul>	Offer available EBM at 3 hours. (e.g. 5-10ml)

\*\*\*\*\* At all times use formula only if insufficient EBM and hydration is suboptimal.

Average reported intakes of colostrum by healthy, term breastfed infants (ABM 2017)	
Age of baby	Average ml per feed
0-24 hrs	2-10
24-48 hrs	5-15
48-72 hrs	15-30
72-96 hrs	30-60

### To calculate feeds:

Birth weight is used to calculate total volumes as below, until baby is above birth weight:

$$\frac{\text{weight (gms)}}{\text{number of feeds/day}} \times \frac{\text{volume/kg/day}}{\text{number of feeds/day}} = \text{volume of feed}$$

### Calculation of daily fluid quotas

- These values are used to calculate feeding volumes for formula fed babies.
- For a newborn breastfed baby, please take into consideration the need to balance the volume of supplementary feeds to maintain hydration with the need to establish breastfeeding. (See average reported intake of colostrum table)

Age of baby	ml/kg/day
0-24hrs	60
24-48hrs	80
48-72 hrs	100
72-96 hrs	120
96 hrs onwards	150