Large weight loss guideline: Feeding plan for parents

Type of feeding: Breast / Formula
Frequency of feeds: Every 3 hours. Feeds should be every 3 hours start-to-start, eg. 9am, 12pm, 3pm This ensures baby receives eight feeds in a 24hr period.
Plan: Breastfeed 20-30mins then give supplement ofmls. Consider hand expressing / using pump / milk collector either during feed, or for 10-15 mins after feed to stimulate supply. Supplements can be made up of expressed breast milk or formula, or both.

Date	Time	Length of breastfeed	Amount / type of top-up	Wet nappy? Urates?	Dirty nappy? Colour?

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