

Well-Newborn Nursery Late Preterm Infant Feeding Plan: Breastfeeding and formula

Aim to breastfeed for 10 minutes on each side

Call a nurse or lactation specialist to come to assess a **latch score**. This is done at the beginning of the feeding when your baby is latching on. Note that the **suck** of a late preterm infant is not as strong as a full-term baby's. If your baby doesn't latch on successfully after trying for 10 to 15 minutes, pump and supplement with your pumped milk or a formula that provides 22 kcal per ounce. Try latching on again at the next feeding.

Pump after feeding if desired

Pumping for 15 minutes, along with massaging your breasts and squeezing out drops of breastmilk, will help your mature milk to come in fully and protect your milk supply. **This is the main goal.** Your baby will develop a stronger latch over time.

Supplement infant feedings

To make sure your baby gets their needed nutrition, **supplement with your pumped milk or formula at each feeding.** Follow the feeding guideline on the table below. **Note:** Late preterm feeding amounts are higher than full term amounts.



Supplement feedings at your breast while your baby is latched and is actively sucking. Use a tube and syringe that allows extra milk to be delivered to your baby. Supplementing at the breast provides breastfeeding training to your baby and provides breast stimulation for you.

Use a slow flow nipple if your baby has poor latch and supplementing at the breast is not possible, or if you are giving your baby more than 20 ml per feeding.

If your infant tests positive for low blood glucose (sugar) while in the hospital, feedings will be based on infant weight (5 mL per 1 kg). The feeding amounts in the table below are guidelines. Follow the directions from your pediatrician.

Days and hours of age	Amount per feeding (in milliliters, or mL)	
	Full term baby	Late preterm baby
Day 1: 1 to 24 hours	2 to 10 mL	5 to 10 mL
Day 2: 24 to 48 hours	5 to 15 mL	15 to 30 mL (goal by 48 hours)
Day 3: 48 to 72 hours	15 to 30 mL	30 to 60 mL
Day 4: 72 to 96 hours	30 to 60 mL	more than 60 mL

