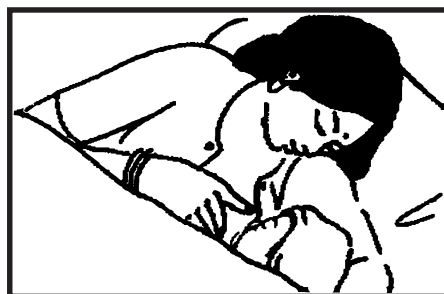
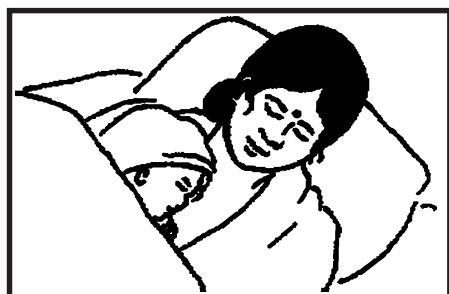


Feeding Low Birth Weight / Preterm Babies

Advantages of breast milk for LBW/ preterm babies :

- ✓ Has just the right nutrients for the preterm/ LBW baby. Preterm babies need more protein and preterm milk contains more protein.
- ✓ Is easily digestible.
- ✓ Contains factors to fight infection (small babies are more vulnerable to disease).
- ✓ Breastfeeding keeps the baby warm (close to the mother); being cold (hypothermia) can lead to infection.



Baby kept warm in skin to skin contact method and breastfed

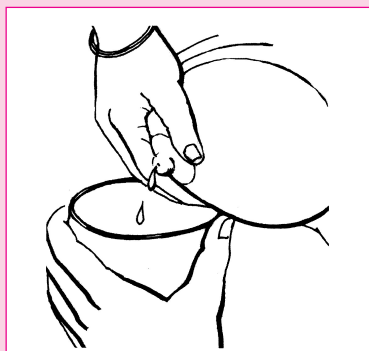
Important points :

For small babies who can suckle :

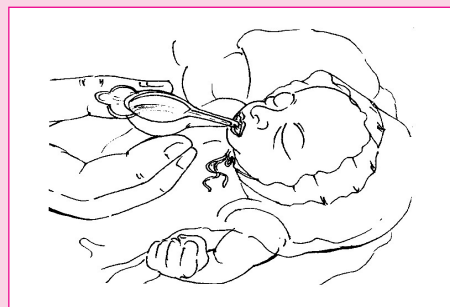
- ✓ Try the underarm hold for more support or the alternate underarm hold.
- ✓ If sleeping, wake baby every 2-3 hours for breastfeeding.

For small babies unable to suckle at birth :

- ✓ Babies less than 1,500 grams may not be able to breastfeed in the beginning.
- ✓ Place in skin to skin contact method.
- ✓ Express milk and feed baby with paladay or spoon.
- ✓ Express the milk every 2-3 hours to keep the milk supply up.
- ✓ Put the baby to the breast to let him lick the nipple and perhaps suckle a little.
- ✓ Once the baby can suckle, he should be put on the breast frequently to stimulate milk production. Continue feeding with cup and paladay until the baby can get all it needs directly from the breast.



Expressing milk



Feeding baby with paladay

How much to give:

- ✓ LBW: 60 ml /kg body weight for first day.
- ✓ Add 20 ml per kg per day until baby is taking a total of 200 ml per day
- ✓ Divide the total into 8-12 feeds (every 2-3 hours).
- ✓ Colostrum can keep up to 12 hours at room temperature; mature milk can keep for 6-8 hours at room temperature.
- ✓ Continue until baby can fully breastfeed.