

Fact Sheet

Mixed feeding your baby

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This information is about mixed feeding- that is breastfeeding your baby as well as feeding with infant formula during the early weeks and months of life. We hope this helps you and your partner make informed choices about feeding your baby.

You may choose to supplement breastfeeds with infant formula for several reasons.

These may include:

- concerns about not producing enough breast milk,
- baby's weight gain
- because a family member or friend has suggested it so they can help feed the baby
- returning to work or study.
- medical reasons

Solely breastfeeding for six months is the healthiest choice for all mothers and babies. If you feel that your milk supply is not enough for your baby, talk to your midwife, nurse or child and family health nurse. Often with support, women can make enough milk to meet their baby's needs.



If you are planning to mix feed your baby, it is important that you are aware of the following:

- The first milk your breasts make is 'colostrum'. You make more colostrum in the early days after birth. It takes 2 to 5 days for colostrum to change to mature milk and be available for your baby.
- Responsive breastfeeding in the early days helps your milk come in.
- If baby has feeds of infant formula they may not breastfeed as often and your mature milk may take longer to 'be available' for baby.
- You may notice a drop in your milk supply.
- Feeding infant formula may interrupt the protection breast milk provides against infection in baby's gut.
- With a family history of allergy or asthma, infant formula may increase the risk of baby developing similar allergies
- Breastfeed baby from both breasts before feeding infant formula –this helps to maintain your breast milk supply
- Do not mix breast and formula milk in the same bottle/container to feed your baby- always feed the breast milk to your baby first.



It is a good idea to discuss the reasons you are considering mixed feeding with your midwife, nurse or Child and family health nurse to make sure you are getting the right advice.

If you would like more information or support during your pregnancy you can ask your midwife about an appointment in the Lactation Support Clinic, Women's & Newborn Health Westmead Hospital.

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Following the birth and discharge from hospital, contact:

- Your local Child and Family Health service:
1800 600 681
- Australian Breastfeeding association
24 hour Helpline: 1800 686 268
- [Child and Family Health Breastfeeding Drop in Clinics Western Sydney](#)
- [International Board Certified Lactation Consultant](#)
- [Australian Breastfeeding Association website](#)



We welcome further feedback on this brochure as a way on continually improving our service.

Send your feedback to:

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