

Triple Feeding



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What is “Triple Feeding”?

Triple Feeding is a temporary feeding method to aid breastfeeding mothers and babies. Every 2-3 hours (or more based on baby's hunger cues), put baby to breast for 15-20 minutes or until you cannot hear baby audibly swallow at the breast. Following the breastfeeding session, pump (or hand express) both breasts, and then offer expressed breastmilk in a syringe, cup, or slow-flow bottle. Do this for every feed.

When should I “triple feed”?

Triple feeds should be done under the direction of your Primary Care Provider or IBCLC. This feeding method may be prescribed to you and your baby if there are issues with jaundice, effective latch, weight gain, or adequate milk supply. This is a temporary intervention to aid mother and baby to establish a successful breastfeeding relationship.

8 or More in 24

Remember milk supply is supply and demand.

Your baby needs to go to the breast at least **8 times in 24 hours**.

3 Steps to Triple Feeding

1. Breast feed baby

- Every 2-3 hours (8-12 times a day).
- If milk is not in yet, try to nurse about 10 minutes per breast.
- If milk is in, nurse as long as you can hear baby swallowing. Use breast compressions.
- A feeding should take less than 45min.
- If instructed, limit nursing sessions to less than _____ minutes.
- If baby won't latch after a few minutes, proceed with #2-3 (below).
- If using a shield, try regularly without it.

2. Supplement baby

- Feed baby pumped breast milk.
- If no more breast milk is available and baby is still hungry, offer formula.
- If baby will latch, give the supplement (breast milk or formula) through a tube placed next to the nipple during nursing.
- Otherwise, finger feed, cup feed, or use a slow flow bottle with a recommended nipple.

3. Pump

- Use a double electric breast pump and save the milk for later.
- Freshly pumped milk can stay at room temperature for approximately 4 hours.
- HOW LONG TO PUMP:
 - If milk is not in yet, pump for about 5 min.
 - Go longer if you still get drops of colostrum.
 - If milk is in, pump until empty, ie stop when milk stops squirting out.
 - Some moms discover they have a second let down, so wait for that if you do.
 - Stop pumping after 15-20 minutes, even if milk continues to flow.
- WHEN TO PUMP:
 - Try to pump right after a nursing session if your baby does not empty your breasts, ie you can often pump 1 ounce or so after baby nurses.
 - Pump 1 hour after the nursing session if your baby does empty your breasts, ie. Once breasts have made more milk.



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Remember we are only a text/phone call away!