

REDUCING SUPPLEMENTATION RELACTATION

Reducing Supplementation / Returning To Full Breastfeeding

- Review reason for supplementation (e.g., clinical concern or mother's choice)
- Encourage frequent and responsive feeds - breast compressions or switch nursing may help
- Encourage breast massage and expressing
- Gradually replace infant formula with expressed breastmilk/breastfeeding
- If supplementing after every feed, consider giving larger and less frequent supplements and then withdraw these gradually as lactation increases
- Keep formula feeds to roughly the same time every day
- Maintain regular clinical assessments
- Refer to an Infant Feeding Specialist if required.

Wishing to re-lactate when breastfeeding has stopped

- Re-lactation is generally possible and worth trying even if a return to full breastfeeding is not always achievable
- Review reason breastfeeding was stopped and when (re-lactation is easier in the first few months and if breastfeeding was well-established initially)
- Review current medication (e.g., oral contraceptive pill)
- Start actions to increase hormonal response (e.g., skin-to-skin, nuzzling at the breast and breast massage)
- Encourage breast massage and hand/pump expressing (8-10 times in 24hrs — cluster pumping may help)
- Encourage frequent breastfeeds, including having the baby at the breast whilst pumping (consider night feeds, breast compression and switch nursing)
- Offer ongoing reviews and emotional support as re-lactation may take several weeks
- Refer to an Infant Feeding Specialist if required
- Consider use of a supplementer or galactagogues.