

# Bringing Baby Back to Breast



There are times when a baby is not coming to the breast to feed and is fed with a bottle. This can occur for a variety of reasons including prematurity, inadequate weight gain, latching difficulties and/or illness. When the infant is able, you may want to bring the baby back to breast for feedings. Some infants do not transition back to the breast easily; they may seem frustrated or become sleepy after a few sucks.

Suggestions to help with the transition the baby back to breast.

- Do lots of skin-to-skin with your baby
- Keep the breastfeeding sessions positive
  - Let the baby stay close to the breast
  - Hand express
  - Hold the nipple in their mouth
  - Let infant nuzzle or lick the nipple
- Choose a time to bring the baby to breast when you and the baby are calm and relaxed
- Try a breastfeeding window once a day

## **What is a Breastfeeding Window?**

-Choose a 4-hour period to breastfeed your baby when they show feeding cues. It is beneficial to do skin-to-skin throughout the “window.”

-When the baby shows early feeding cues, offer your breast. The baby may latch and suck a few times then become fussy. If this happens just return baby to skin-to-skin.

-When infant shows feeding cues again, offer your breast. Doing breast massage and hand expression before latching and breast compression when the baby is latched will help milk to flow more easily and keep baby engaged in the feeding.

-Practice getting an asymmetrical deep latch for effective milk removal and comfort.

-During this time, feedings may be more frequent, and your baby may cluster feed. It is ideal to not supplement baby during the breastfeeding window (if baby is inconsolable, you may close the breastfeeding window early).

-After the 4 hours have ended, you can return to your regular feeding/supplementing and pumping schedule, though you can also try breastfeeding during this time if you feel it is positive and beneficial.

6/2023