

# SUPPLEMENTATION FRAMEWORK

(FEEDING WITH EXTRA MILK)

## FOR PARENTS

### Signs your baby may need supplementation:

Your baby may need supplementation to be **Well Fed** if they:

- Don't seem full after feeding
- Are not gaining weight

#### If you:

- Have a health condition that makes it hard to make enough milk

#### If feeding or latching isn't going well

#### Underfed babies:

- Aren't making many wet or dirty diapers
- May seem very sleepy or have low energy
- Not gaining weight or weight is staying the same

**Healthy Babies** are getting enough to eat and growing well. Most babies will not need to be supplemented, but some will.

