

### 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







## **Supplemented Healthy Babies**

Some breastfed babies need extra milk to grow well. This may only be for a short time.

### **Underfed Babies**

Some babies are not getting enough milk and need extra feeding right away.

# Exclusively Breastfed "WELL FED" Babies

Most people can make enough milk to feed their baby with only breast or chest feeding or human milk.

## **Over-supplemented babies**

- Seem full and happy after breastfeeding
- Get formula when it's not needed for health reasons
- Are gaining weight very fast

