

Feeding Basics





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Breast is Best

In Australia, the National Health and Medical Research Council (NHMRC) recommends exclusive breastfeeding until around six months of age, and continued breastfeeding after the introduction of solid foods until the age of 12 months – and beyond if mum and baby wish.

ABCs of Breastfeeding

Feed on demand

When it comes to knowing how often to breastfeed, let your baby lead the way. Your little one will show you signs, which you'll soon learn to read when they're hungry and full.

Wake for regular feeds

Feeding frequently is important so they can get the calories, nutrients, and fluids they need for healthy growth. If your newborn has slept for four hours straight, gently wake them for a feeding.

Practice skin-to-skin

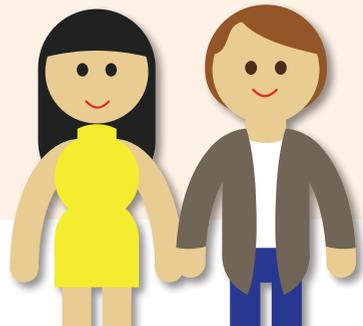
As well as giving you a precious moment to enjoy your special bond, it can help regulate your baby's body temperature, encourage their readiness to feed once awake, and increase your milk production.

Stop when your baby is full

You may find your baby breastfeeds for around 15-20 minutes per breast but this can vary. If your little one seems full after a quick feeding, don't pressure them to have more.

Get the support you need

Don't be afraid to ask for help. There are many experts on breastfeeding that you can engage with to ensure you get the support you need to initiate and maintain breastfeeding.



Why is breastfeeding recommended as the first choice?

1 Breast milk contains the perfect balance of nutrients

During the first few days after you give birth, breast milk will be a thick yellowish, translucent fluid called colostrum. It is high in protein, vitamins, minerals, and antibodies that help to protect your baby from infections. After this, mature milk will come in, which provides all the essential nutrients in perfect balance to give your baby a nutritional jump start. Breast milk also contains Omega 3 (DHA), and other special ingredients such as probiotics and human milk oligosaccharides (HMOs), to support the good bacteria in the gut.

2 Protein is an important nutrient for your infant's growth

And breast milk is the best source! The protein in breast milk is of high quality and its quantity perfectly adjusts to your baby's needs at each stage of development. In the first months of life, breast milk contains high protein levels and is whey dominant (easily digested). This is because your infant needs to grow very fast but is only able to drink small amounts of breast milk. In the subsequent months, as growth begins to slow and your infant is able to drink more, protein levels decrease to again match your infant's needs, and become more casein dominant.

3 Breast milk is easy for baby to digest

The proteins in breast milk are predominately whey, which are easy to digest. Plus, the iron in breast milk is easy for your baby to absorb.

4 Breast milk contains antibodies which help support the immune system

The antibodies in breast milk can help your baby fight off common childhood infections, such as cold and flu.

5 Breast milk changes as your baby changes

Not only does colostrum change to mature milk, which is full of easy-to-digest proteins for a growing baby, the breast milk will change within each feeding. At the start of a feed, more water is provided to quench their thirst. As the feed continues, the milk that follows has more of the protein and fat a baby needs for energy and weight gain.

6 Breastfeeding creates an intimate bond

Breastfeeding soothes your baby with the smell and taste of mum; skin-to-skin contact enhances the emotional bond between mum and baby, and provides warmth, love and affection.

7 Breastfeeding helps you get in shape and stay healthy

Breastfeeding stimulates special hormones, which helps the uterus contract and return to pre-pregnancy size. More good news - producing breast milk burns off lots of kilojoules, which can help mum return to pre-pregnancy weight quicker.



Did you know?
Breastfeeding
requires
approximately
2000 extra
kilojoules
each day

How often should I breastfeed?

Breastfeeding gives you and baby a special time to relax together. It's important to establish a routine that is comfortable for you.

In the first few weeks you may need to breastfeed your baby every 2-3 hours. So over a 24 hour period, your baby will feed 8-12 times in just one day. This may seem like you are breastfeeding all day, especially when you are still learning and each feed may take up to 60 minutes.

Don't despair. As your baby grows their stomach size will too, allowing them to take more milk each feed. They will also slowly extend out their requests to feed every 3 to 4 hours. Feed your baby as frequently and as long as they want to. As your baby grows the feeding frequency will decrease.

Common breastfeeding problems & potential remedies

Breastfeeding is definitely the most natural way of feeding your baby, but that doesn't mean it's always easy.

There are some common feeding problems you may encounter which can be challenging. The following tips may help, but don't hesitate to seek more expert care from your healthcare professional to get you through these tough times.

Blocked milk ducts and mastitis

If you develop a sore lump in your breast yet otherwise feel well, you most likely have a blocked milk duct. It is important to do the

following to avoid mastitis (an infection in the milk duct):

- Your baby is the best at draining the affected breast so continue to feed them often and always offer the affected breast first.
- As you feed, very gently massage the lump towards the nipple.
- Before your next feed, try a hot shower and massage the breast under water to help break up the lump
- If you haven't managed to clear the blockage within 12 hours, or you start to feel unwell, see your GP immediately.

Sore nipples

The most common cause for sore nipples is poor attachment. If you are in pain:

- Try a new breastfeeding position.
- Avoid using soaps on your breasts when showering as this may be drying.
- Make sure you replace wet breast pads regularly to avoid nipple infections.



Breast refusal

Possible causes:

- Not actually hungry. Play with your baby for half an hour and wait for hunger signals and try feeding again.
- Over stimulated. Try sitting in a darkened quiet room and play some relaxing music.
- Uncomfortable. Give your baby a warm bath or rub their back to ease a tummy pain.

If you are still concerned about an ongoing breastfeeding issue, seek help from your healthcare professional.

Guidelines on storing breastmilk

- Wash hands thoroughly with soap and water – hands must be thoroughly dried with a clean towel, single use towel or hand dryer
- Refrigerate or freeze milk after expressing
- Use fresh milk whenever possible
- Freeze milk that will not be used within 2 days
- Date the container at the time of collection and use the oldest milk first.

Length of time breastmilk can be stored

BREASTMILK STATUS	STORAGE AT ROOM TEMPERATURE (26°C OR LOWER)	STORAGE IN REFRIGERATOR (5°C OR LOWER)	STORAGE IN FREEZER
Freshly expressed into sterile container	<ul style="list-style-type: none"> • 6-8 hours • If refrigeration is available store milk there 	<ul style="list-style-type: none"> • No more than 72 hours • Store at back, where it is coldest 	<ul style="list-style-type: none"> • 2 weeks in freezer compartment inside refrigerator (-15°C) • 3 months in freezer section of refrigerator with separate door (-18°C) • 6-12 months in deep freeze (-20°C)*
Previously frozen (thawed)	<ul style="list-style-type: none"> • 4 hours or less – that is the next feeding 	<ul style="list-style-type: none"> • 24 hours 	<ul style="list-style-type: none"> • Do not refreeze
Thawed outside refrigerator in warm water	<ul style="list-style-type: none"> • For completion of feeding 	<ul style="list-style-type: none"> • 4 hours or until next feeding 	<ul style="list-style-type: none"> • Do not refreeze
Infant has begun feeding	<ul style="list-style-type: none"> • Only for completion of feeding • Discard after feed 	<ul style="list-style-type: none"> • Discard 	<ul style="list-style-type: none"> • Discard

* Chest or upright manual defrost deep freezer that is opened infrequently and maintains ideal temperature.

Your Guide to Infant Formula

If breastfeeding is not possible for you, an infant formula is a suitable alternative for infants. Infant formulas are made to provide essential nutrients needed for growth and development.

What goes into infant formula?

The 'Ingredients' list and the 'Nutrition Information Panel' on infant formula tins can provide you with information about the infant formula you are using.

Most infant formulas are based on cow's milk, with nutrients added to meet the specific growth and development needs of a human baby. These nutrients include protein, carbohydrates and fats, as well as a wide range of vitamins and minerals.

In addition, there may be ingredients present that set one formula apart from another, such as Omega 3. These 'optional ingredients' may offer a nutritional benefit. For information on the benefits of particular nutrients, be sure to speak to a qualified healthcare professional.

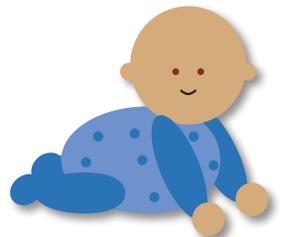
Infant formulas for a range of age groups

1 Starter infant formula (also called Stage 1): From birth

Contains all the essential nutrients that a baby will need up until around 6 months of age, when solid foods are introduced.

2 Follow-on formula (also called Stage 2): From 6 months

Matches the nutritional requirements of older infants, who have started to receive other nutrition through solid foods.





1

Wash your hands thoroughly with soap before preparation.



2

Wash all preparation and storage equipment thoroughly before use. Boil for five minutes, leaving covered until use.



3

Boil drinking water for five minutes and allow it to cool to the required 'lukewarm' (40°C) drinking temperature.



4

Consult the feeding table on the infant formula tin you are using. Pour the exact amount of water into the bottle.



5

Only use the scoop from your tin, level scoop using the inner rim of the tin. Add the exact number of level scoops of powder to the bottle (refer to your tin's feeding table for the number of scoops).



6

Return the scoop to the infant formula tin, seal the lid tightly, and store in the recommended place as per the instructions on your tin (e.g. in a cool and dry place).



7

Cap the bottle and shake well to ensure the powder is mixed well with the water.



8

It is safer to **feed your baby immediately** after formula preparation.

Discard any formula left at the end of that feed.

Warning: Follow instructions exactly. Prepare bottles and teats as directed. Do not change proportions of powder except on medical advice. Incorrect preparation can make your baby very ill.

Note: use only the enclosed scoop. Using more or less powder than indicated will either lead to dehydration or deprive your baby of proper nutrition. Do not change proportions without medical advice.





Serving Guide for Infant Formula

AGE OF INFANT	QUANTITY PER FEED		No. FEEDS PER DAY	
	PREVIOUSLY BOILED WATER (mL)*	LEVEL MEASURING SCOOPS**	FORMULA	OTHERS
Up to 2 weeks	90	3	6	-
2 - 4 weeks	120	4	5	-
1 - 2 months	150	5	5	-
2 - 4 months	180	6	5	-
4 - 6 months	210	7	5	-
6 - 9 months	210	7	4-3	1-2***
Over 9 months	210	7	3	2-3***

Please follow directions on the tin.

* To maintain the number of living cultures, the boiled water must be cooled down to about body temperature before adding the powder.

** **Note:** use only the enclosed scoop. Using more or less powder than indicated will either lead to dehydration or deprive your baby of proper nutrition. Do not change proportions without medical advice.

*** At this age, the infant's diet becomes more diversified (cereals, baby foods). Consult your health care professional before introducing any new food to baby's diet. If an earlier introduction of new foods is recommended by your health care professional, reduce formula intake as advised.

A feeding table is just an average recommended guide. Always listen to your baby's hunger and fullness cues to avoid under and over-feeding.

Infant formulas for a range of needs

Some babies have specific dietary needs. There are a number of formulas that are made with these needs in mind. Some examples are:

- 1 Formulas for lactose intolerance**
For formula-fed babies that cannot digest lactose, the natural carbohydrate found in breast milk and most infant formulas.
- 2 Thickened/AR formulas**
For formula-fed babies with regurgitation.
- 3 Extensively hydrolysed* and amino acid-based† infant formulas**
For formula-fed babies with a soy or cow's milk protein allergy.

* In extensively hydrolysed formulas, cow's milk protein has been chopped up into smaller pieces.

† These formulas contain single amino acids, which are the building blocks of protein. These formulas may be used to feed babies who react to, or cannot digest, extensively hydrolysed protein.



Hospital-only products

- 4 **Infant formula for premature babies**
- 5 **Breast milk fortifier**
Added to expressed breast milk to provide additional nutrition to premature or low birth-weight babies.

These specialised formulas are not recommended for general use and should be used under medical supervision.

Infant formulas are not equal to breast milk, however they have been formulated to support the nutritional needs for growth and development, and are the only suitable alternatives when breast milk is not available.

Any type of fresh milk (e.g. cow, soy, goat), or home-made baby formula is NOT recommended for babies under 12 months and can lead to serious nutritional problems and illness.

Always speak with your healthcare professional if you have questions on your baby's feeding needs.



Transitioning Between Formulas

What to consider when changing formulas? Whenever you change from one infant formula to another, it's important to keep an eye out for signs of intolerance. You should also give your baby some time to adapt to the new feed. This can be up to 2 weeks. Alternating between the old and new formula feeds may ease the transition.

Please bear in mind that reversing a decision not to breastfeed is difficult.

What to expect

When transitioning your baby to a new feed you may notice a change in their bowel habits. This may be a change in smell, colour, frequency, texture or all of the above!

Is my baby constipated?

A sudden change in feed can sometimes cause constipation. If your baby has infrequent bowel movements however, it doesn't necessarily mean that they are constipated. It can be normal for a baby to have several bowel movements one day and none the next. If your baby becomes red in the face and appears to strain, just remember lying down while passing stools can require some effort!

If your baby is experiencing bowel movements which are delayed and painful over a period of time, you should consult your healthcare professional.

In rare cases there could be an underlying cause for the constipation. If your baby experiences any severe side effects, such as vomiting or diarrhoea, you should consult your healthcare professional.



Baby's bowel movements

Transitioning your baby from one formula to another, or from breast to formula feeding, may alter their bowel movements.

Breastfed baby

Bowel movements tend to be more frequent with breastfeeding compared to infant formula. The baby's stools will be soft, yellowish or slightly green.

Formula-fed baby

If you're feeding your baby formula, the stools will be firmer than a breastfed babies, and may vary in colour according to the nutrients in the formula.

Partially-hydrolysed formula stools are generally soft, paste-like, formed or unformed. The stools can range in colour from yellowish-mustard to green and are slightly pungent smelling and frequent.

Non-partially-hydrolysed (i.e. intact protein) formula stools are generally harder, thicker and bulkier, lighter yellow/green to brown, and slightly more pungent smelling, compared to breastfed babies.

Helping your baby transition smoothly

Provided that your baby is healthy and happy, changes in your baby's bowel movements shouldn't necessarily be a cause for concern.

That said, you can help your baby better adapt to the new feed by introducing changes to feeding gradually. Substituting one feed with the new formula each day until all your baby's feeds are the new formula may ease the transition.

In some cases, you may find that your baby does not tolerate the new feed at all, and you may need to try a different formula.

If your baby experiences any severe side effects from changing the feed, such as vomiting or diarrhoea, you should seek the advice of your healthcare professional.

Starting with the new formula for the first feed of the day may minimise any initial resistance to the change.



Personalised Nutrition and Parenting Tips



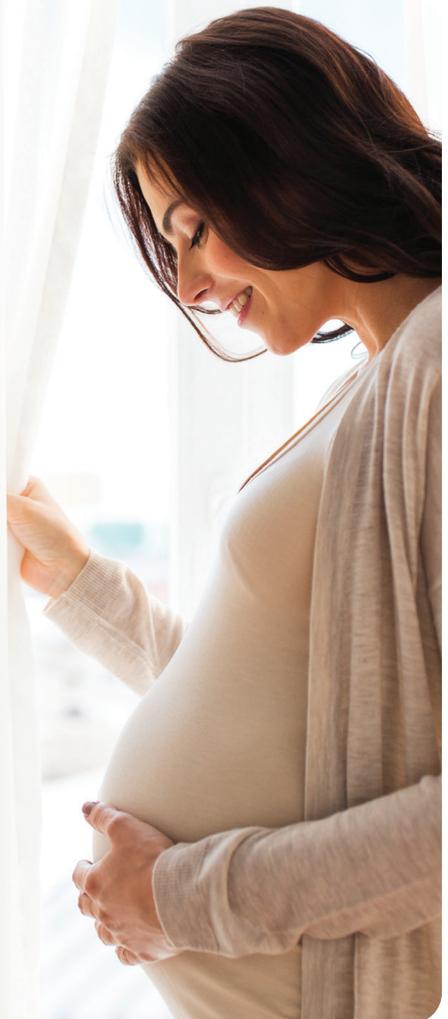
Age-based information direct from our experts to your inbox



Interactive tools to inspire and support you every step of the way



Delicious **meal Inspirations** for you and your bub



Learn more about your baby's nutrition with **Nestlé Baby & me.**

Any questions?

Being a parent is no easy task.

If you still have questions about feeding your baby, speak to your healthcare professional, who will be able to help you make an informed decision.

Stay informed

For more information on infant nutrition, visit Nestlé Baby & me at [nestlebabyandme.com.au](https://www.nestlebabyandme.com.au) or contact our Careline nutrition experts on **1800 468 8736**.



REGISTER
NOW

Breast milk is best for babies



IMPORTANT NOTICE: Breast milk is best for babies and provides ideal nutrition. Good maternal nutrition is important for preparation and maintenance of breastfeeding. Introducing partial bottle feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used exactly as directed or it could pose a health hazard. The preparation requirements and cost of providing infant formula until 12 months of age should be considered before making a decision to formula feed.

The information in this brochure is general in nature and is not intended for self-diagnostic or treatment purposes. Nestlé is not engaged in rendering medical advice or services. Consult a healthcare professional for advice about your baby's health and nutrition. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure.

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