

Combination feeding

1 Combination feeding is when you breastfeed your baby part of the time and bottle-feed your baby the rest of the time, either with expressed breast milk or infant formula.

2 Combination feeding enables you to let someone else give your baby a feed – in the night, for example, or if you need to go back to work.

3 You need to wait until breastfeeding is well established before you start combination feeding.

4 If you are using infant formula, combination feeding will reduce the amount of breast milk your body produces.

5 If you are going back to work, start to introduce combination feeding a few weeks before you return to give your baby a chance to get used to bottle-feeding.

6 Offer your baby one bottle-feed a day to begin with, to give your breasts time to adjust.

7 It can take time for your baby to get used to feeding from a bottle. Be patient and don't try to introduce a bottle when your baby is tired or very hungry.

8 Try to set a routine by bottle-feeding or breastfeeding at the same time each day.

9 Infant and follow-on milk comes in ready-to-use cartons which are handy for combination feeding.



IMPORTANT NOTICE: The best way to feed a baby is to breastfeed, as breast milk provides the ideal balanced diet and protection against illness for your baby and also many non-nutritional benefits for both baby and mother. We recommend that you speak to your healthcare professional when deciding on your choice of feeding your baby. Professional guidance should also be sought on the preparation for and maintenance of breastfeeding. If you do choose to breastfeed, it's important to eat a healthy, balanced diet. Infant formula is intended to replace breast milk when mothers choose not to breastfeed or if for some reason they are unable to do so. A decision not to breastfeed, or to introduce partial bottle-feeding, will reduce the supply of breast milk. If for any reason you choose not to breastfeed, do remember that such a decision can be difficult to reverse. Using infant formula also has social and financial implications which must be considered. Infant formula should always be prepared, used and stored as instructed on the label, in order to avoid risks to a baby's health.