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Switch Nursing with Breast Compression

Switch Nursing with Breast Compression gives Baby extra milk at the breast instead of pumping afterwards and bottle feeding. Baby can get up to 4 oz. of milk through this method.

- Nurse the baby on the first side
- Listen for swallowing. It is normal for baby to take a 10-15 second rest. When this rest is longer than 15 seconds, begin to compress the breast and hold it.
- Baby should begin to swallow
- Continue compressing and releasing the breast in response to baby's swallowing
- When there is no more swallowing, SWITCH to the 2nd side.
- Let baby nurse and listen for swallowing
- When the rest period is too long, begin Breast Compression
- LISTEN for swallowing
- When there is no more swallowing AFTER doing breast compression, take the baby off and change his/her diaper
- Offer the 1st side again – (this is the 3rd side)
- Do Breast Compression earlier since the breast is not as full
- Switch when there is no more swallowing AFTER doing Breast Compression
- Offer the 4th side (Baby may not take it).

SUMMARY

- Offer sides 1 and 2 using Breast Compression to keep baby swallowing.
- Change the diaper after side 2 (unless baby has a soiled diaper – then change the diaper earlier and again after side 2 to wake Baby up).
- Offer sides 3 and 4 doing Breast Compression
- If Baby is still hungry, you can keep going back and forth until Baby is satisfied.
- Wake Baby in light sleep 2 hours from the END of the feeding
- Aim for 8+ feedings in 24 hours. It should take about 1 hour to feed including burping and changing until breastfeeding is well established.

SLEEPY BABY

To keep a sleepy baby awake and alert for feedings try this:

- Side 1 – Nurse when baby wakes up (no change of diaper)
- Side 2 – Remove clothes down to the diaper (no change yet)
- Side 3 – Change the diaper
- Side 4 – Dress baby