



Feeding the Non-Latching Baby: One Possible Approach

Birth to 6 hours—skin contact

- Keep the baby skin-to-skin and gently encourage him to breastfeed.
- If birth was medicated—hand-express colostrum by end of first two hours.

By about 6 hours—begin regular hand expression

- Continue keeping the baby in skin-to-skin contact with you.
- Express drops of milk on your nipple to encourage him to latch on.
- Hand express colostrum into a spoon, spoon-feed baby every 2–3 hours and when either of you wakes at night.
- Removing milk from your breasts is as important as feeding the baby.

As milk volume increases—hand-express or pump, use nipple shield, finger-feed or bottle

- Continue as much skin-to-skin contact, laid-back, and holding as possible.
- Pump at least 8–10 times in 24 hours (including at least once at night) finishing with hand expression. Massage before and/or during pumping, hand express afterward.
- Consider a nipple shield to help the baby latch.
- With increased milk volume, finger-feeding or a bottle may work.

By the end of the first week—help, patience, confidence

- Continue skin-to-skin/holding as much as possible.
- Express at least 8–10 times per 24 hours, tapering off as baby begins to nurse.
- You may want to express extra and store in the fridge to be a feeding or two ahead. Adding a couple of extra pumping sessions for a day or two will help.
- Stay in touch with your Leader or other breastfeeding support.

Babies sometimes take weeks to breastfeed well. Keep your supply going. If we can teach a tiger to jump through a flaming hoop, we can help a baby do what he is designed to do!