



Your Breastfeeding Journey: Triple Feeding

Sometimes you need help to make sure your baby is getting all the nutrients they need. Using methods that increase milk supply and help baby gain weight are keys to success.

What Is Triple Feeding?

Triple feeding is when you breastfeed, then pump and use supplementing feeding methods all in the same session.

Steps to Triple Feeding

STEP 1 Breastfeed

- Every 2-3 hours (8-12 times a day)
- Feed as long as baby is actively suckling (on average 10-20 minutes)
- If baby won't latch after a few minutes, proceed with steps 2 and 3



STEP 2 Pump

- Use a breast pump and save the milk for later, make sure to use proper milk storage guidelines
- Freshly pumped milk can be used at the next feeding and can stay at room temperature for approximately 4 hours



How long to pump

- Double pump for 15-20 minutes. Double pumping is when you use a breast pump that allows you to express milk from both breasts at the same time.

When to pump

- Pump right after a feeding session
- Make sure to follow proper milk storage guidelines

STEP 3 Supplementing Feedings

- Follow guidelines from pediatrician for quantity required for supplementation. In most cases the quantity recommended will be between 10-30 ml.
- Use available breast milk first. Formula can be used when quantity is insufficient for required supplementation
- If baby will latch, offer supplementation intermittently during feeding session by one of the following options:
 - Syringe and adapter in the corner of the newborn's mouth while breastfeeding (may need another set of hands to help)
 - Supplemental nursing system (SNS): tubing taped to breast connecting bottle of breast milk or formula that baby may access directly during breastfeeding session
 - Cup feeding offered intermittently during a breastfeeding session
 - Paced bottle feeding offered intermittently during a breastfeeding session
- If baby is finished breastfeeding or does not latch at all, offer remaining supplementation via finger and syringe, cup feeding or paced bottle feeding



This process should be repeated at least 8 times in a 24-hour period. Each session should not last longer than 45-60 minutes.

We Are Here For You,
Every Step of the Way

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