

Feeding Your Babies

Feeding Options from Breast to Bottle

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Overview

- Importance of early nutrition
- Feeding options
 - Breastfeeding
 - Bottle feeding
- Vitamin D
- Individual babies



2

Importance of Early Nutrition

- Nutrition at sensitive early stages of development affects health and well-being throughout life and maybe even into future generations



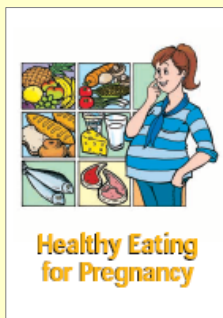
3

Aim

- Nutrition
- Growth
- Brain
- Lean tissue
- Bone
- Immunity
- Good future dietary habits
- Long-term good health



4



Healthy Eating
for Pregnancy

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5

What to Feed?



6

Breastfeeding Multiples

- Challenging
- Possible
- Rewarding
- Beneficial



7

Breastfeeding - Unique

- Species specific
- Supports growth and development
- Beneficial ingredients not in formula
- Short term and long term advantages
 - Reduced allergies, infections
 - Improved brain development
 - Reduced risk of diabetes, obesity, heart disease
 - Especially good if preterm or low birth weight
- Mother's health
- Convenient



8

Breastfeeding

- Any amount of breastfeeding is good
- All mothers can breastfeed (almost)
- Support is available
 - Maternity Hospital
 - Public Health Nurse
 - Local Breastfeeding Support Group: c/o local health centre
 - Cuidiú
 - www.cuidiu-ict.ie, email generalenquiry@cuidiu.com, tel 01-8724501
 - La Leche League of Ireland
 - www.lalecheleagueireland.com, email leader@lalecheleagueireland.com
 - or contact details in Phone Book
 - HSE Health Promotion Unit
 - www.healthpromotion.ie/breastfeeding or www.breastfeeding.ie/



9

Breastfeeding Multiples

- Early days – one baby at a time
- Once established – feed together
- 'Rugby' or 'underarm' hold (also if caesarian)
- Nursing pillow
- Side-lying – allows more rest (mother)
- Feed on demand – 1 baby wants to feed, feed both
- Swap sides
- If small – babies may tire easily, feed more often
- Mother - drink to thirst, eat to appetite
- Diary – feeds (times, duration), which breast, nappies



Lactation Support Staff at NMH

10

Breastfeeding Multiples

- Breastfeeding twins is easier than bottle feeding twins, *if breastfeeding is going well.*
- Special effort to get breastfeeding started right... *skin to skin contact, frequent feeds.*
- Takes a lot of work and time but twins and triplets take a lot of work and time no matter how they are fed.

<http://www.dijkenneman.com/>

11

Breastfeeding



www.bliss.org.uk



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12

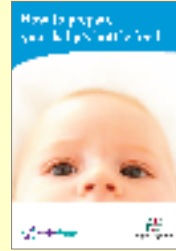
Bottle Feeding



- Supplies
 - Formula milk powder (or ready to feed)
 - Bottles and teats (double)
 - Means to wash and sterilise equipment
 - Suitable water
 - Means to boil water
 - Place for preparation
 - Time
- Safe preparation, storage and use

13

Bottle Feeding



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14

Bottle Feeding



- Cow's milk based formula
- Formula 'for newborn'
 - Suitable until 12 months
- Formula 'for hungrier babies'
 - Does not contain extra nutrients
 - Not suitable if not feeding well
- No soy <6 months
- No need to change formula

15

- Breast or formula milk only as main milk drink until at least 1 year



16

Vitamin D

- Bone and non bone health
- Deficiency prevalent in Ireland
- 5 micrograms daily vitamin D₃ for all babies until 12mo at least (FSAI, HSE)



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17

Useful Resources

- HSE Health Promotion
 - www.healthpromotion.ie
- Irish Nutrition and Dietetic Institute
 - www.indi.ie
- Bord Bia
 - www.bordbia.ie
- National Dairy Council
 - www.ndc.ie
- Safefood
 - www.safefood.eu
- Feed your child well - Handbook for Parents in Ireland
 - 2nd Ed, A&A Farmer, T Dunne, P Farrell, V Kelly



18