

Lactation Aid at the Breast

A lactation aid is a way to feed your baby using an infant feeding tube attached to your breast. This is one way to give your baby extra “milk” (a supplement) when they are able to latch on the breast and suck. Expressed breastmilk is the preferred “milk” to use as a supplement. Pasteurized donor human milk from a regulated human milk bank can be used if available. If breastmilk is not available, a commercially prepared infant formula can be used. If you think your baby needs a supplement, talk to your health care provider. When learning to use a lactation aid, work with a person who is skilled at helping with breastfeeding.

Advantages of a Lactation Aid at the Breast

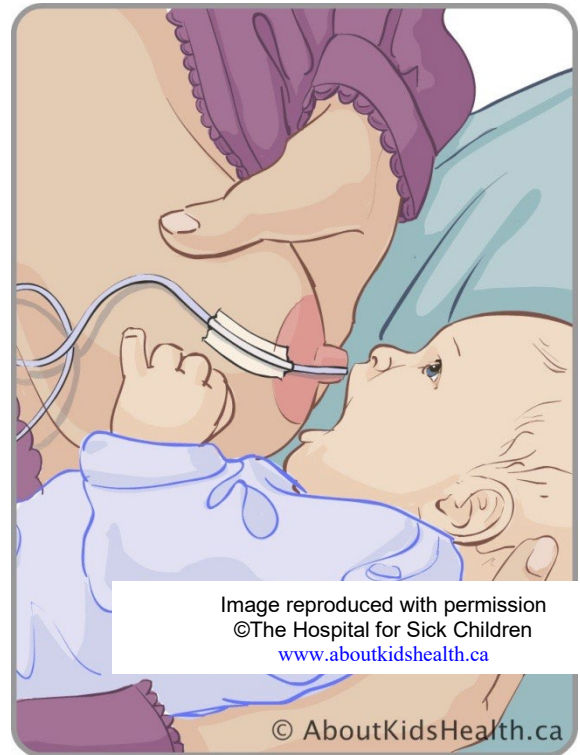
- Helps your baby get a supplement while continuing to breastfeed,
- Can increase your breastmilk supply by having your baby at your breast,
- Avoids the use of an artificial nipple.

Supplies You Will Need

- #5 French feeding tube,
- Container (cup/bottle/feeding syringe),
- Supplement (“milk”),
- Medical tape or band-aid to secure the tube to the breast (optional),
- OR, you may choose to use a commercial lactation aid system.

How to Use a Lactation Aid at the Breast

- Clean your hands by using hand sanitizer or washing with warm soapy water.
- Put the “milk” in the container. The larger end of the feeding tube will be placed in the container.
- Place the container on a table that is level with baby’s head:
 - If the container is too high, the “milk” will flow too fast.
 - If the container is lower, the “milk” will flow slower.
- Place the tube on your breast so the end of the tube lines up with the tip of your nipple.
- You can use a small piece of medical tape or a band-aid to keep the tube in place or you can hold the tube while baby latches on your breast.
- OR, after baby latches you can slide the tube in the corner of baby’s mouth about 1-2 cm.
- Make sure that your baby has a wide-open mouth with lips that are rolled out. If the lower lip is drawn in, gently pull down on baby’s chin.
- Listen and watch for sucking and swallowing. You will see the “milk” go through the tube, into your baby and the amount of “milk” in the container go down.



How to Clean the Lactation Aid and Container:

If you are using a commercial lactation aid system, always follow the manufacturer instructions for cleaning and storage.

1. Clean the feeding tube and container after every feeding. Do not let the milk dry in the tube. If it does, use a new feeding tube.
2. Clean the feeding tube and container with warm, soapy water and rinse well. Squirt cooled boiled water through the tube with a syringe until the water runs clear. Push air through the tube with the syringe to help dry the inside of the tube. Infant feeding tubes should not be boiled or steam sanitized.
3. Remove the syringe from the feeding tube. Take apart the syringe. Place the feeding tube, container and syringe parts on a clean towel to dry. Once they are dry, place in a clean plastic bag or covered container.
4. Replace the feeding tube as suggested by your health care provider. Never use a damaged feeding tube.
5. When in hospital, check with your health care provider about any special cleaning instructions.

Other Helpful Tips:

- Give your baby a lot of time to enjoy skin-to-skin contact at your breast.
- Watch for feeding cues and offer your baby your breast.
- Continue to work with a health care provider or a person who is skilled at helping breastfeeding families while you are using the lactation aid. Consult with your baby's health care provider if you are planning to change the amount of supplement that your baby is getting.

A video showing use of a lactation aid at the breast can be viewed at:

https://vimeo.com/207503100?embedded=true&source=vimeo_logo&owner=52779341

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Baby-Friendly Initiative

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