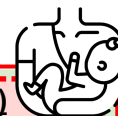



## Best practice: Breastfeeding exclusively for first 6 months



### BENEFITS

- ✓ **Breastmilk:** easily digestible, supports optimal growth, contains immunoglobulins + white blood cells, protects against GI infections, acute otitis media, respiratory tract infection & more
- ✓ Breastfeeding can promote maternal-infant bonding

### Contraindications (Rare)

- Maternal Medications:** Chemotherapy agents, Radioactive isotope drugs
- Maternal Medical Conditions:** HIV; herpes lesions on both breasts; critical illness, untreated tuberculosis
- Infant conditions:** galactosemia 

Breastfed infants require **Vitamin D3 400 units PO daily** to prevent rickets

### CHALLENGES

- Breastfeeding isn't for everyone, and some mothers may be unable to or choose not to.
- Respect these decisions without judgement and work together to create a plan that keeps babies healthy & growing.
- Mothers can encounter difficulties with latching and can try expressing breast milk by hand or mechanical pump.
- Expressed breast milk (EBM) is nutritionally equivalent to breastfeeding.



## Next best: Commercial iron-fortified cow's milk-based formula



Cow's milk based	Soy milk based	Partially Hydrolyzed	Extensively Hydrolyzed Protein	Amino Acid Based (elemental)	Premature formulas
First line	<b>Indication:</b> Galactosemia	Proteins are partially broken down (marketed as easier to digest)  May reduce diarrhea in acute gastroenteritis	Proteins are fully broken down  <b>Indications:</b> <ul style="list-style-type: none"> <li>• Food protein induced allergic proctocolitis (cow's milk/soy protein intolerance)</li> <li>• GERD</li> <li>• Confirmed food allergies, malabsorption syndromes</li> </ul> <b>Cons:</b> Higher cost, poor palatability	<b>Indications:</b> multiple food protein intolerances who cannot tolerate extensively hydrolyzed casein infant formulas  <b>Cons:</b> Typically higher cost, poor palatability, and limited availability	Designed to help preemies have good catch-up growth  Typically have more calories, protein, vitamins and minerals (higher in iron)

**Caloric content: 0.68 kcal/mL in breastmilk and standard formulas, 0.80 kcal/mL in premature formulas**

- ⚠ Infants should **not** be fed evaporated milk, cow's/goat's milk, or plant milks
- ⚠ Ingesting cow's milk <6 months old can lead to occult blood loss in stool and anemia

### POWDERED FORMULA PREPARATION

**Always** clean surfaces + sterilize all equipment by boiling in a pot of water for 2 minutes. Allow equipment to air-dry

**Powdered formula:** Not yet sterile. Obtain tap water, bring to a boil for at least 2 minutes to sterilize. Let the water cool to room temperature (below 70°C). Mix formula and water, following directions on the label. Store in a fridge and use mixed **formula within 24 hours.**