

Action plan for poor weight gain in breastfed babies:

If the otherwise well, breastfed baby's weight is causing concern, in the absence of other clinical symptoms or signs: -

1. Improve breastfeeding management - no restrictions on feed frequency or duration; no nipple shields, no dummies.
2. Improve breastfeeding technique
3. Improve technique and suggest double pumping after daytime feeds and topping up with the expressed milk.
4. Improve technique, suggest double pumping after daytime feeds, topping up with the expressed milk - and consider a 10 day course of Domperidone (10mgs 3x day for 10 days). (see UKMI 2014)
5. Improve technique, suggest double pumping after daytime feeds and topping up with the expressed milk - and in addition give a small amount of formula once or twice a day, as an extra feed. (If there is a strong family history of atopic disease, you might consider the use of hydrolysate formula; although the evidence base for this is no longer as strong as it was once thought to be. (Nice guidelines 2008)
6. In situations 3-5, stop the top-ups as soon as weight gain is satisfactory and see if growth is maintained.

For references, see full document.