

Formula Calculation Chart

For breastfeeding mom in the first month

Purpose:

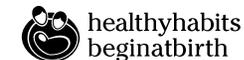
WIC supports the breastfeeding mom and will not routinely issue formula to breastfed babies in the first 30 days of life. When it has been determined that formula is needed in the first month this chart will help you determine how much formula to give until the next appointment.

How to use this chart:

- Find out how many ounces of formula baby is taking per day.
- Count the number of days until baby’s next appointment.
- Find the meeting point on the chart to determine the number of cans baby will need.
- Tailor the formula packet to this number of cans.

Issue formula quantity:

- 1** can powdered formula (94 oz. reconstituted)
Change to a partial breastfeeding at 2 months.
- 2** cans powdered formula (188 oz. reconstituted)
Change to a partial breastfeeding at 2 months.
- 3** cans powdered formula (282 oz. reconstituted)
Change to a partial breastfeeding at 2 months.
- 4** cans powdered formula (376 oz. reconstituted)
Change to a partial breastfeeding at 2 months.
- 5** cans powdered formula (470 oz. reconstituted)
Stays fully formula feeding woman at 2 months unless she reduces the amount of formula she receives.
- 6** cans powdered formula (564 oz. reconstituted)
Stays fully formula feeding woman at 2 months unless she reduces the amount of formula she receives.

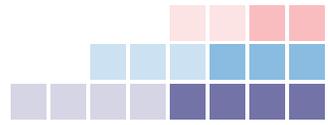


California WIC Program
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Referral Protocol & Formula Requests for Breastfeeding Mom *in the* First Month

Referral Protocol

These mothers and babies should be referred to a lactation consultant or registered dietitian for assessment today.

Breastfeeding Mom

- HIV positive
- Drug or alcohol abuse
- Chemotherapy agents
- Hepatitis B or Hepatitis C
- Active tuberculosis
- Mastitis (breast infection)
- Severe breast engorgement
- Diabetes
- Breastfeeding multiples
- Low milk supply
- Cracked, bleeding nipples or severe pain

Breastfeeding Baby

- Galactosemia
- PKU
- Jaundice
- Hypoglycemia
- Latch problems/ weak or ineffective suck
- Slow weight gain or greater than 7 percent weight loss
- Very low birth weight
- Premature
- Oral defects
- Has less than 6-8 wet diapers per day
- Feeds less than 8 times per day

Formula Requests

A breastfeeding mother of an infant comes into the clinic during the baby's first month and is already supplementing her baby with formula for non-medical reasons.

Sample Dialogue

It is great that you are breastfeeding your baby. Can you tell me more about why you are also giving your baby formula?

What makes you think you don't have enough milk?

What are your breastfeeding goals?

Address concerns. Discuss with her why giving only breastmilk in the first month is important and how giving formula interferes with breastmilk production. Offer her a chance to speak with a lactation specialist or nutritionist and other breastfeeding support services (pumps, BF food package, etc).

If she still insists on receiving formula, let her know she will be receiving the food package with the least amount of food and her baby will receive formula. Tailor baby's package to the appropriate amount of formula. Use chart on back side to determine formula amount. Place a family hold to reassess mom and baby next month.