**Patient information**

**Additional feeding of healthy new-borns may:**

* **Disrupt the breastfeeding process**

The baby often becomes less interested in the breast. Additional feeding gives a feeling of fullness, and the infant will therefore seek the breast less often. Less frequent stimulation means it takes longer for the mother to produce enough milk.

* **Lead to more breast engorgement**

As the baby suckles less frequently, the mother may experience more engorgement. Frequent breastfeeding can prevent engorgement.

* **Disrupt the natural gut flora**

Research shows that if the infant receives additional fluid (water, sugar water, formula milk), it disturbs the baby's natural gut flora, and makes the gut more permeable to harmful bacteria. This can lead to increased frequency of diarrhea.

* **Lead to a shorter duration of breastfeeding**

Studies have shown that use of formula milk in healthy full-term babies is linked to stopping breastfeeding earlier.

Healthy new-borns don’t need additional feeding. There are no studies that show a need for more fluid than the modest amount the mother supplies during the first days of a baby's life. **However, it is extremely important that the baby can suck at the breast as often and as long as he/she wants.** If the baby is very restless and cries a lot it is often due to something other than hunger, such as nausea, colic pains, or a need for body contact.

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