

DOLFIN



Supplement Use for Breastfeeding Babies

Giving the DOLFIN supplement to your breastfeeding child

This sheet gives information about options for giving the DOLFIN supplement to your breastfeeding child. The Parent Information for Supplement Use booklet gives more information about using the supplement. There is additional information on the DOLFIN website, including videos of how to make up supplement to give to your child before a breastfeed.



How to give the DOLFIN supplement to your breastfeeding child

If you breastfeed your child, you can give the supplement before a breastfeed as a supplement 'shot', or during a breastfeed. Options for doing this will be discussed with you on the neonatal unit or at home, depending on when your child joins the study. See: www.npeu.ox.ac.uk/dolphin

Some neonatal units may offer you other options for giving the supplement to your child that we have not included here. You may choose whichever option suits you and your child best; the options you choose may change as your child grows.

A member of your local NHS clinical team will help you to get used to using whichever option you choose.

How to give the supplement as a 'shot' before a breastfeed

If you would like to give the supplement as a shot before a breastfeed, options may include:

- Syringe
- Teat
- FingerFeeder
- Cup

Syringe

You can use a syringe to give the supplement mixed with milk, in the same way you would give a medication. Slowly depress the syringe to deliver some milk containing the supplement. When your child has taken the supplement, complete their feed as usual.

Teat

Milk containing the supplement can be placed in a soft silicone teat. Place the teat in your child's mouth and allow them to suck the milk from the teat. When your child has taken the supplement, complete their feed as usual.

FingerFeeder



This is a soft silicone tip which attaches to a syringe. Place a finger into your child's mouth and then slide the FingerFeeder along your finger and into your child's mouth. When your child starts to suck on the finger, slowly depress the syringe to deliver some milk containing the supplement. When your child has taken the supplement, complete their feed as usual.

Cup

A child cup is a small reusable cup with a lip to make it easier for your child to feed from. A member of the local NHS clinical team will show you how to support your child's back and neck for cup feeding. When your child is in position, hold the cup to the infant's bottom lip and slightly tip the cup so that the milk reaches just past the rim of the cup. Your child will then lap or sip the milk. When your child has taken the supplement, complete their feed as usual.

How to give the DOLFIN supplement during a breastfeed



The supplement can be given during a breastfeed by using a Supplementary Nursing System. A reusable plastic bottle containing milk mixed with the supplement is worn on your chest. A thin flexible tube is fixed alongside the nipple. Your child latches onto the nipple and the thin flexible tube at the same time. As your child sucks at the breast, they also suck milk containing the supplement from the bottle.

If you have any questions or would like to discuss your options for giving the supplement to your breastfeeding child please ask to speak to one of the nurses or doctors looking after your baby, or a member of your local NHS clinical team.

You can also contact the DOLFIN study team using the details below.

Contact address:

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This study is being organised by the National Perinatal Epidemiology Unit (NPEU) CTU at the University of Oxford. The Unit is dedicated to improving the care provided to women and their families during pregnancy, childbirth and the period after birth, as well as the care provided to the newborn. <http://www.npeu.ox.ac.uk>

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