Children who are born preterm have difficulty in initiating breast feeds immediately after birth. By convention, such children are often fed on expressed breast milk or other supplementary feeds through tubes or bottles until they develop satisfactory ability to suck breast milk. Tube feeding, though commonly used, is not supported by scientific evidence as of October 2016.[31] It has also been reported in the same systematic review that by avoiding bottles and using cups instead to provide supplementary feeds preterm children, a greater extent of breast feeding for a longer duration can subsequently be achieved.[31]

**Timing**

Newborn babies typically express demand for feeding every 1 to 3 hours (8-12 times in 24 hours) for the first two to four weeks.[32] A newborn has a very small stomach capacity. At one-day old it is 5 to 7 ml, about the size of a marble; at day three it is 0.75-1 oz, about the size of a "shooter" marble; and at day seven it is 1.5-2 oz, or about the size of a ping-pong ball. The amount of breast milk that is produced is timed to meet the infant's needs in that the first milk, colostrum, is concentrated but produced in only very small amounts, gradually increasing in volume to meet the expanding size of the infant's stomach capacity.[25]

According to La Leche League International, "Experienced breastfeeding mothers know that the sucking patterns and needs of babies vary. While some infants' sucking needs are met primarily during feedings, other babies may need additional sucking at the breast soon after a feeding even though they are not really hungry. Babies may also secrete when they are lonely, frightened or in pain....Comforting and meeting sucking needs at the breast is nature's original design. Pacifiers (dummies, soothers) are a substitute for the mother when she cannot be available. Other reasons to pacify a baby primarily at the breast include superior oral-facial development, prolonged lactational amenorrhea, avoidance of nipple confusion, and stimulation of an adequate milk supply to ensure higher rates of or breastfeeding success."[33]

During the newborn period, most breastfeeding sessions take from 20 to 45 minutes.[32] After one breast is empty, the mother may offer the other breast.

**Location**

Most US states now have laws that allow a mother to breastfeed her baby anywhere. In hospitals, rooming-in care permits the baby to stay with the mother and simplifies the process. Some commercial establishments provide breastfeeding rooms, although laws generally specify that mothers may breastfeed anywhere, without requiring a special area. Breastfeeding in public remains controversial in many developed countries.

In 2014, newly elected Pope Francis drew world-wide commentary when he encouraged mothers to breastfeed babies in church. During a papal baptism, he said that mothers "should not stand on ceremony" if their children were hungry. "If they are hungry, mothers, feed them, without thinking twice," he said, smiling. "Because they are the most important people here."[34]
How do I express breastmilk?
You can express your breastmilk by hand, or by using a manual or electric breast pump. It should not hurt to express milk by hand or by pump. There are different ways to express breastmilk:

◆ Hand expression—natural, easy to learn, convenient, and no equipment needed.
◆ Manual pumps—easy to use, easy to carry and not very expensive.
◆ Electric pumps—more expensive, can be rented, better for long-term expression needs.

WAYS TO EXPRESS YOUR MILK

<table>
<thead>
<tr>
<th>type</th>
<th>How it works</th>
<th>What’s is involved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand Expression</td>
<td>You use your hand to massage and compress your breast to remove milk.</td>
<td>Requires practice, skill, and coordination.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Gets easier with practice; can be as fast as pumping.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Good if you are seldom away from baby or need an option that is always with you. But all moms should learn how to hand express.</td>
</tr>
<tr>
<td>Manual Pump</td>
<td>You use your hand and wrist to operate a hand-held device to pump the milk.</td>
<td>Requires practice, skill, and coordination.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Useful for occasional pumping if you are away from baby once in a while.</td>
</tr>
</tbody>
</table>

6. Warm thawed or refrigerated breastmilk by placing it in a bowl of warm water. Do not heat it in a microwave because this may destroy nutrients and/or create “hot spots” that can burn your baby. The cream in breastmilk rises to the top, so shake the milk gently before feeding your baby. Check that the milk is not too hot by shaking a few drops on the inside of your wrist.

Breast milk storage guidelines (healthy term babies)

<table>
<thead>
<tr>
<th>Condition</th>
<th>Fresh Breast milk</th>
<th>Thawed Breast milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room Temperature (19°C to 22°C)</td>
<td>6 hours</td>
<td>1 day</td>
</tr>
<tr>
<td>Refrigerator (0°C to 4°C)</td>
<td>6 days</td>
<td>24 hours</td>
</tr>
<tr>
<td>Cooler with Frozen Ice Packs (15°C)</td>
<td>24 hours</td>
<td>24 hours</td>
</tr>
<tr>
<td>Freezer Compartment of Single Door Fridge (-15°C)</td>
<td>2 weeks</td>
<td>Never refreeze thawed milk</td>
</tr>
<tr>
<td>Refrigerator Style Freezer of Two Door Fridge (-18°C to -13°C)</td>
<td>3 -4 months</td>
<td>Never refreeze thawed milk</td>
</tr>
<tr>
<td>Deep Freezer (-18°C)</td>
<td>6 months</td>
<td>Never refreeze thawed milk</td>
</tr>
</tbody>
</table>
and helps her partner to feel more involved in the crucial feeding process and the bonding that often comes with it

**Flexibility.**

Once the bottles are made, a formula-feeding mother can leave her baby with a partner or caregiver and know that her little one's feedings are taken care of. There's no need to pump or to schedule work or other obligations and activities around the baby's feeding schedule. And formula-feeding moms don't need to find a private place to nurse in public. However, if Mom is out and about with baby, she will need to bring supplies for making bottles.

**Time and frequency of feedings.**

Because formula digests slower than breast milk, formula-fed babies usually need to eat less often than do breastfed babies.

**Diet.**

Women who opt to formula feed don't have to worry about the things they eat or drink that could affect their babies.

**Formula Feeding: The Challenges**

As with breastfeeding, there are some challenges to consider when deciding whether to formula feed.

**Organization and preparation.**

Enough formula must be on hand at all times and bottles must be prepared. The powdered and condensed formulas must be prepared with sterile water (which needs to be boiled until the baby is at least 6 months old). Ready-to-feed formulas that can be poured directly into a bottle without any mixing or water tend to be expensive.