

# Reasons to avoid supplementing your newborn's diet with formula



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- You have all that your baby needs when he or she is born.
- Breast milk is the best nutrition for your baby.
- Frequent nursing helps to establish a good milk supply.
- Supplementing can lead to a low milk supply. (Milk production is based on milk removal.)
- Giving your baby anything other than breast milk can fill your baby up, making him or her less interested in learning how to breastfeed.
- Your baby may prefer the bottle nipple to your nipple making it difficult to breastfeed.
- Supplementing with formula may lead to an increase in allergies.
- Supplementing with formula may contribute to breast problems such as engorgement and/or mastitis.
- Women who supplement tend to stop breastfeeding sooner.
- The American Academy of Pediatrics does not recommend supplementing unless a medical reason exists.

Provided as an educational resource by Northwell Health lactation consultants