

## Emergency Regimen: Breastfeeding infants less than 1 year

### Recommendations

Age	Recommendations:
0-3 months	Breast feeds every 2 to 3 hours during the day and every 3 hours overnight. Give 10ml of 50 % carbohydrate solution with each feed (to be given from a medicine cup or syringe and to be split before feed, after feed and when swapping from one breast to the other)
4-6 months	Breast feeds every 2 to 3 hours during the day and every 3 hours overnight. Give 15ml of 50 % carbohydrate solution with each feed (to be given from a medicine cup or syringe and to be split before feed, after feed and when swapping from one breast to the other)
7-12 months	Breast feeds every 2 to 3 hours during the day and every 3 hours overnight. Give 20ml of 50 % carbohydrate solution with each feed (to be given from a medicine cup or syringe and to be split before feed, after feed and when swapping from one breast to the other)

**50% carbohydrate solutions** (*once made, store at the back of the fridge and use within 24 hours; shake before use*)

#### **Polycal Recipe**

160ml of Polycal liquid  
Add cooled boiled water to 200ml

#### **SOS Recipe**

5 sachets of SOS 10 (105 g)  
Add cooled boiled water to 200ml

#### **Maxijul Recipe**

3 level big blue scoops and 5 white scoops of  
Maxijul (104 g)  
Add cooled boiled water to 200ml

**Alternatively, if mum wishes to express breast milk and give via bottle**

**10% Carbohydrate Recipe**

**Expressed breast milk recipe** (*once made, store at the back of the fridge and use within 24 hours; shake before use*)

120ml of expressed breast milk

1 level white scoop of Maxijul or SOS powder (4.3 g)

**Recommended minimum feed volumes:**

<b>Age</b>	<b>Recommended minimum feed volumes:</b>
0-3 months	45-80ml every 2 hours or 70-120ml every 3 hours day and night
4-6 months	85-100 ml every 2 hours or 130-150ml every 3 hours day and night
7-9 months	90-100ml every 2 hours or 130-150ml every 3 hours day and night
10-12 months	100ml every 2 hours or 150ml every 3 hours day and night