

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)

SOS Recipe

5 sachets of SOS 10 (105 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 SOS powder (4.3 g)

Recommended minimum feed volumes:

Age	Recommended minimum feed volumes:
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