

We recommend using this document to become familiar with the ways babies can be fed and to locate resources with more information about each feeding method. These methods can be combined to achieve your feeding goals.

Bodyfeeding

This term refers to feeding a baby directly from the body with any amount of human milk. This may include exclusively bodyfeeding, combo feeding, using a supplemental feeding system, and/or bodyfeeding alongside one or more family members (co-feeding).

Bodyfeeding after pregnancy

While most bodies will produce milk after pregnancy, chest or breast surgery may impact how much milk someone is able to make.

Bodyfeeding without pregnancy

People who have not been pregnant may induce lactation to feed a baby they did not give birth to, or they may bodyfeed with a supplemental feeding system without inducing lactation.

Associated resources

- [What to Expect During & After Pregnancy](#)
- [Bodyfeeding After Chest Surgery](#)
- [Co-feeding](#)
- [Pumping & Maintaining Your Milk Production](#)
- [Supplemental Feeding Systems](#)
- [Lactation Induction](#) (in development)

Lactation suppression

During and immediately after pregnancy, the body makes milk to feed a baby. If you choose not to bodyfeed or stimulate milk production, there are different methods you can use to stop or dry up your supply.

Associated resources

- [What to Expect During & After Pregnancy](#)
- [Lactation Suppression](#) (in development)

Other feeding methods

Syringes, cups, bottles, and supplemental feeding systems can all deliver milk or formula. The methods chosen depend on how much milk the baby needs, if they are being bodyfed, and what works best for the family.

Associated resources

- [Responsive Bottle Feeding](#)
- [Supplemental Feeding Systems](#)

Skin-to-skin contact

Skin-to-skin contact (SSC) occurs when a naked newborn is placed chest down on a bare chest. It should begin immediately following an uncomplicated birth, as it helps to activate a newborn's neurological systems, regulates their temperature, breathing and heart rate and encourages bodyfeeding.¹

Skin-to-skin contact is important for all infants, regardless of feeding method. It can be done by the gestational parent, a partner, or a support person. For people who are bodyfeeding, SSC may lengthen the duration of the bodyfeeding relationship. SSC can also help calm infants, promote bonding, and reduce procedural pain (such as immunizations or blood draws).¹

For more information:

- [Benefits of Skin-to-Skin Contact](#) (Perinatal Services BC, 2023)
- [Safer Skin-to-Skin Contact](#) (Perinatal Services BC, 2023)



For more information, visit transcarebc.ca

References

1. Perinatal Services BC. Skin-to-skin contact key messages for health care providers. Vancouver, BC; 2023. Available: https://cms.psbchealthhub.ca/sites/default/files/2023-11/2023-11-28_Skin-to-skin%20key%20messages_Web.pdf

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