

# DOLFIN



## Parent Information for Supplement Use

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Thank you for participating in the DOLFIN study.

This study is designed to find out if adding a daily nutrient (food) supplement to the usual milk and weaning foods of babies improves their neurological child development.

Babies who can take part are those who were born extremely preterm (before 28 weeks gestation) and babies born at 35 weeks of gestation or more, whose brain did not receive enough oxygen and/or blood flow around the time of birth (hypoxic ischaemic encephalopathy).

This information booklet tells you how to make up the supplement to give to your child. Please read this information carefully.

In this study it is important you give supplement to your child every day unless they are too unwell.

## **IMPORTANT CONTACT DETAILS**

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### **Do you have questions or concerns?**

You may find an answer to your questions in this booklet, but if you don't, please contact your local NHS clinical team using the contact details on the back of this booklet.

If you still have questions, or are unable to speak with your local NHS clinical team, you can contact the DOLFIN study team using the details below:

 [dolphin@npeu.ox.ac.uk](mailto:dolphin@npeu.ox.ac.uk)

 01865 617919

Please ask if you are unsure – your local NHS clinical team and the study team are here to help you.

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## GETTING STARTED

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### Supplement supply

If you joined the study in hospital you will have been given a box of supplement to take home. If you joined the study after you got home from hospital, the supplement will be delivered to your home or another place of your choosing by a courier, free of charge.

When you receive the package, please check that the package is not damaged, and contains:

- Sachets (packets) of supplement (powder)
- Scoops for measuring the supplement
- Clips for closing the sachets

Each box contains 100 sachets. Each sachet contains 13 grams (g) of supplement. The sachet packaging may change during the study, please don't worry if the sachets look different when they are next delivered to you

**Scoops and clips are reusable – please do not throw them away.**

If the package is damaged or anything is missing, please contact the DOLFIN study team using the details on the back of this booklet.

Depending on how you choose to give the supplement, you may need some extra equipment. This will have been given to you at discharge from hospital, or at home.

### Ordering more supplement

We will keep you supplied with supplement, so you should never run out. Your local hospital team will order more supplement when they think you have around 30 sachets left.

If sachets are lost or damaged, or if you are worried you may run out, please contact your local NHS clinical team or the DOLFIN study team using the details on the back of this booklet.

So that we can deliver the supplement to you, we will ask you the following information when you join the study:

- Name and date of birth of your child
- Contact phone number and/or email
- Address for delivery

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If your contact details change or you change address (including temporarily) please let your local NHS clinical know or contact the DOLFIN study team.

## Storing supplement

Please store unopened sachets at room temperature in a naturally cool place in your home, away from direct sunlight. A cool kitchen cupboard would be ideal. The supplement does not need to be kept in the fridge. If the supplement is kept in a warm place, this will damage the supplement and it may not work as effectively.

## Getting rid of out-of-date or unused supplement

The expiry (use-by) date of the supplement is printed on the sachet. Please throw away any out-of-date supplement in your waste bin – please don't try to recycle or compost the sachets.

## How much supplement should I give my child?

**Your child needs one scoop of supplement (= 1 gram) per kilogram body weight.**

Each scoop should be a level scoop – not heaped. It is important you always use the scoop provided to measure the supplement. The amount of supplement your child needs will increase when they reach the next full kilogram (kg) of weight. Do not give half scoops.

During your child's first year, we will ask you for your child's weight every month. The supplement dosing tables, from p.12 of this booklet also show how much supplement your child needs.

For the first 6 months of the study, a member of your local NHS clinical team will contact you each month to check that you are happy with how much supplement to give. After this time you can choose to stop these contacts, or to continue.

## How much milk should I mix the supplement with?

Adding the supplement to milk increases the concentration of the milk. Because of this, the supplement needs to be given with a minimum volume of milk. The minimum volume of milk needed depends on the number of scoops that your child is given, and how you are giving the supplement. If you are giving the supplement as a shot before a breastfeed then each

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1g of supplement should be added to a minimum of 3ml of milk. Feed your baby straight after the supplement shot. If you are giving the supplement by bottle or by tube feeding then each 1g of supplement should be added to a minimum of 15ml of milk. Information on how much milk to give with the supplement can be found in the supplement dosing tables (p.12-15).

## **Should my child be given all the supplement for one day in one feed?**

The daily amount of supplement can either be given all at one feed, or in smaller amounts over 2, 3 or 4 feeds in a day. It might be helpful to give the supplement at the same times each day to help you remember.

Whether you give the supplement in one feed, or more than one, please make sure that you always give the supplement with the minimum amount of milk needed (see p.12).

## **Weighing your child**

Babies and small children grow quickly. For this study, it is important your child is weighed regularly, so that they receive the correct amount of supplement for their weight.

During your child's first year please visit your community weighing or health visitor clinic once a month to check your child's weight. Your GP and health visitor know that your child is taking part in this study and have been asked to help you access weighing scales.

Please weigh your child:

- once a month;
- naked, without a nappy;
- on a child weighing scale

Please then tell us the weight each time (this will either be via the DOLFIN study app or through a link sent via text or email).

If you are unable to access weighing facilities please contact your local NHS clinical team using the contact details on on the back of this booklet.

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## Sterilising feeding equipment

You will already be sterilising the equipment you use for feeding or storing milk. Please sterilise the equipment that you use for making up and giving the supplement in the same way.

Further Information on sterilising feeding equipment can be found on the Parent pages of the DOLFIN website: [www.npeu.ox.ac.uk/dolphin](http://www.npeu.ox.ac.uk/dolphin)

## Safety advice

- Add the supplement to milk or food when it's is cool enough for your baby to drink/eat. Please do not add the supplement to hot milk or hot food.
- Once the supplement has been added, the feed can be used for up to 1 hour. It must be discarded after 1 hour.
- If you are giving the supplement by bottle, make up a fresh bottle for each feed. Do not use leftovers from an earlier feed.
- If you are giving the supplement by bottle, add the supplement at the end, just before you are going to feed your child.
- An open sachet with dry supplement powder can be kept for a maximum of 24 hours. Close the sachet with the clip provided in the box.
- If your baby does not finish the food containing the supplement, please throw this in the bin at the end of the meal.
- You should throw away any open sachets after 24 hours, even if they still contain supplement. Please keep the clip so you can use it again.

## HOW TO GIVE THE SUPPLEMENT

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The following sections provide information on how to give the supplement using different feeding methods. These sections are colour coded to help you find the information you need easily. Supplement dosing charts (p.12) and Examples (p.26) for each feeding method are colour coded accordingly.

If you are breastfeeding your child, please see the 'How to give the supplement when breastfeeding' section below.

If you are bottle feeding your child, or feeding your child using a tube, please see the 'How to give the supplement by bottle or tube feeding' section (p.16).



## Giving the supplement when breastfeeding

If you breastfeed your child, you can give the supplement before a breastfeed, as a supplement shot, or during a breastfeed. Available options for doing this will be discussed with you on the Neonatal Unit or at home, depending on when your child joins the study.

Some Neonatal Units may offer you other options for giving the supplement to your child that we have not included here. You may choose whichever option suits you and your child best; the options you choose may change as your child grows.

A member of your local NHS clinical team will help you to get used to using whichever option you choose.

*If you would like to give the supplement before a breastfeed, options may include:*

- Syringe
- Teat
- FingerFeeder
- Cup

### Syringe

You can use a syringe to give the supplement mixed with milk, in the same way you would give a medication. Slowly depress the syringe to deliver some milk containing the supplement. When your child has taken the supplement, complete their feed as usual.

### Teat

Milk containing the supplement can be placed in a soft silicone teat. Place the teat in your child's mouth and allow them to suck the milk from the teat. When your child has taken the supplement, complete their feed as usual.

### FingerFeeder

This is a soft silicone tip that attaches to a syringe. Place a finger into your child's mouth and then slide the FingerFeeder along your finger and into your child's mouth. When your child starts to suck on the finger, slowly depress the syringe to deliver some milk containing the supplement. When your child has taken the supplement, complete their feed as usual.

## Cup

A child cup is a small reusable cup with a lip to make it easier for your child to feed from. A member of the local NHS clinical team will show you how to support your child's back and neck for cup feeding. When your child is in position, hold the cup to the infant's bottom lip and slightly tip the cup so that the milk reaches just past the rim of the cup. Your child will then lap or sip the milk. When your child has taken the supplement, complete their feed as usual.

If you have any questions or would like to discuss your options for giving the supplement to your breastfeeding child please speak to a member of your local NHS clinical team using the contact details on the back of this booklet.

If you would like to give the supplement during a breastfeed a supplementary nursing system can be used. A reusable plastic bottle containing milk mixed with the supplement is worn on your chest. A thin flexible tube is fixed alongside the nipple. Your child latches onto the nipple and the thin flexible tube at the same time. As your child sucks at the breast, they also suck milk containing the supplement from the bottle. If you are using a supplementary feeding system, make up the supplement according to 'How to give the supplement by bottle or tube feeding' on p.16.




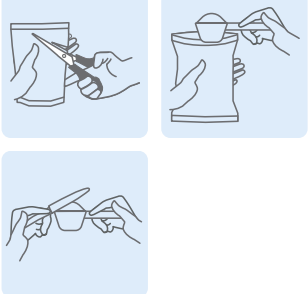



## Making up a supplement shot to give before a breast feed

The following information is for parents whose child is receiving the DOLFIN supplement as a supplement shot before a breastfeed. The DOLFIN website has a video showing how to do this on the Parent pages at: [www.npeu.ox.ac.uk/dolphin](http://www.npeu.ox.ac.uk/dolphin)

If you are using a supplemental nursing system to give the supplement during a breastfeed, please follow the instructions for 'Giving the supplement by bottle or tube feeding' from p.16.

Before you start, it is a good idea to get everything you will need ready. You will need:

- Milk
- A sachet of supplement
- Scissors (to cut sachet top)
- A mixing container
- Syringe
- Two scoops (one to measure, one to level scoop)

<p>1</p> 	<p>Clean and disinfect the surface on which to prepare the feed.</p>
<p>2</p> 	<p>Wash your hands with soap and water, and dry with a clean or disposable cloth.</p>
<p>3</p> 	<p>If you have warmed the milk, make sure it is not too hot by checking the temperature on the inside of your wrist. It should feel lukewarm (warm but not hot).</p>
<p>4</p> 	<p>Gently tap the bottom of the sachet on a hard surface to make sure the powder falls to the bottom of the sachet. The sachet will not stand by itself and needs to be held. Cut the sachet open about a third of the way from the top using clean scissors. Use the scoop to measure the right amount of supplement for your child. Make sure that the scoops are level by using the handle of the second scoop to scrape off the excess supplement. Excess supplement should not be put back in the sachet and should be thrown away. Add the supplement to the mixing container before any milk. Use the back of the scoop to break up the supplement into loose powder.</p>
<p>5</p> 	<p>Draw the right amount of milk (3ml for every 1g of supplement) into the syringe, then add this to the supplement in the mixing container. Mix for 10-20 seconds, using the syringe tip to gently break down any supplement lumps.</p>
<p>6</p> 	<p>Now use the syringe to draw up all the milk containing the supplement. The volume in the syringe will be a little more than the volume of milk you added. You can now give the supplement to your child.</p>
<p>7</p> 	<p>After giving the supplement to your child complete a breastfeed as usual.</p>

## How much supplement do I need to give my child?

The following tables show the amount of supplement needed per day and per feed based on the weight of your child when given as a supplement shot before 1, 2, 3 or 4 breast feeds.

**TABLE 1: GIVING THE SUPPLEMENT AS A SHOT: BEFORE 1 FEED PER DAY**

*Amount of supplement needed per day and per feed based on the weight of your child, if you give the supplement before **1 feed per day***

Weight category	Child's weight (in kg)	Number of scoops of supplement per day	If given in 1 feed per day, number of scoops of supplement per feed	Minimum volume of milk for mixing supplement (ml)
	Weight between ... and ... kg			
1	1.0-1.99	1	1	3
2	2.0-2.99	2	2	6
3	3.0-3.99	3	3	9
4	4.0-4.99	4	4	12
5	5.0-5.99	5	5	15
6	6.0-6.99	6	6	18
7	7.0-7.99	7	7	21
8	8.0-8.99	8	8	24
9	9.0-9.99	9	9	27
10	10.0-10.99	10	10	30
11	11.0-11.99	11	11	33
12+	12 kg or more	12	12	36

**General rule:** 1 scoop of supplement needs to be dissolved in at least 3 ml expressed breast milk or infant formula.

**TABLE 2: GIVING THE SUPPLEMENT AS A SHOT: BEFORE 2 FEEDS PER DAY**

*Amount of supplement needed per day and per feed based on the weight of your child, if you give the supplement before 2 feeds per day*

Weight category	Child's weight (in kg)	Number of scoops of supplement per day	Number of scoops with supplement per feed (if spread across 2 feeds per day)		Minimum volume of milk for mixing supplement (ml)	
			Feed 1	Feed 2	Feed 1	Feed 2
	Weight between ... and ... kg					
2	2.0-2.99	2	1	1	3	3
3	3.0-3.99	3	2	1	6	3
4	4.0-4.99	4	2	2	6	6
5	5.0-5.99	5	3	2	9	6
6	6.0-6.99	6	3	3	9	9
7	7.0-7.99	7	4	3	12	9
8	8.0-8.99	8	4	4	12	12
9	9.0-9.99	9	5	4	15	12
10	10.0-10.99	10	5	5	15	15
11	11.0-11.99	11	6	5	18	15
12+	12 kg or more	12	6	6	18	18

**General rule:** 1 scoop of supplement needs to be dissolved in at least 3 ml expressed breast milk or infant formula.

**TABLE 3: GIVING THE SUPPLEMENT AS A SHOT: BEFORE 3 FEEDS PER DAY**

Amount of supplement needed per day and per feed based on the weight of your child, if you give the supplement before **3 feeds per day**

Weight category	Child's weight (in kg)	Number of scoops of supplement per day	Number of scoops with supplement per feed (if spread across 3 feeds per day)			Minimum volume of milk for mixing supplement (ml)		
			Feed 1	Feed 2	Feed 3	Feed 1	Feed 2	Feed 3
<b>3</b>	3.0-3.99	3	1	1	1	3	3	3
<b>4</b>	4.0-4.99	4	2	1	1	6	3	3
<b>5</b>	5.0-5.99	5	2	2	1	6	6	3
<b>6</b>	6.0-6.99	6	3	2	1	9	6	3
<b>7</b>	7.0-7.99	7	3	2	2	9	6	6
<b>8</b>	8.0-8.99	8	3	3	2	9	9	6
<b>9</b>	9.0-9.99	9	3	3	3	9	9	9
<b>10</b>	10.0-10.99	10	4	4	2	12	12	6
<b>11</b>	11.0-11.99	11	4	4	3	12	12	9
<b>12+</b>	12 kg or more	12	4	4	4	12	12	12

**General rule:** 1 scoop of supplement needs to be dissolved in at least 3 ml expressed breast milk or infant formula.

**TABLE 4: GIVING THE SUPPLEMENT AS A SHOT: BEFORE 4 FEEDS PER DAY**

Amount of supplement needed per day and per feed based on the weight of your child, if you give the supplement before **4 feeds per day**

Weight category	Child's weight (in kg)	Number of scoops of supplement per day	Number of scoops with supplement per feed (if spread across 4 feeds per day)				Minimum volume of milk for mixing supplement (ml)			
			Feed 1	Feed 2	Feed 3	Feed 4	Feed 1	Feed 2	Feed 3	Feed 4
	Weight between ... and ... kg		Feed 1	Feed 2	Feed 3	Feed 4	Feed 1	Feed 2	Feed 3	Feed 4
<b>4</b>	4.0-4.99	4	1	1	1	1	3	3	3	3
<b>5</b>	5.0-5.99	5	2	1	1	1	6	3	3	3
<b>6</b>	6.0-6.99	6	2	2	1	1	6	6	3	3
<b>7</b>	7.0-7.99	7	3	2	1	1	9	6	3	3
<b>8</b>	8.0-8.99	8	3	2	2	1	9	6	6	3
<b>9</b>	9.0-9.99	9	3	2	2	2	9	6	6	6
<b>10</b>	10.0-10.99	10	3	3	2	2	9	9	6	6
<b>11</b>	11.0-11.99	11	3	3	3	2	9	9	9	6
<b>12+</b>	12 kg or more	12	3	3	3	3	9	9	9	9

**General rule:** 1 scoop of supplement needs to be dissolved in at least 3 ml expressed breast milk or infant formula.

### Storing and heating expressed breast milk

Information on expressing and storing breastmilk (including safe re-warming) can be found on the on the Parent pages of the DOLFIN website: [www.npeu.ox.ac.uk/dolfin](http://www.npeu.ox.ac.uk/dolfin)

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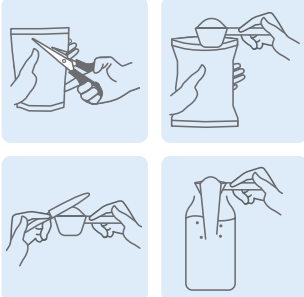


## Giving the supplement by bottle or tube feeding

This section is for parents whose child is bottle feeding, or being fed by nasogastric or gastrostomy tube. If you are giving the supplement using a supplement nursing system, you should also follow the instructions in this section. The DOLFIN website has a video showing this at: [www.npeu.ox.ac.uk/dolphin](http://www.npeu.ox.ac.uk/dolphin)

Before you start, it is a good idea to get everything you will need ready. You will need:

- Milk
- A sachet of supplement
- Scissors (to cut sachet top)
- A bottle with lid and/or teat
- Two scoops (one to measure, one to level scoop)
- If your child is fed by nasogastric or gastrostomy tube you will also need the connector lid you normally use



<p>1</p> 	<p>Clean and disinfect the surface on which to prepare the feed.</p>
<p>2</p> 	<p>Wash your hands with soap and water, and dry with a clean or disposable cloth.</p>
<p>3</p> 	<p>Prepare your child's milk as usual. You need a minimum milk volume of 15ml for every 1g of supplement.</p>
<p>4</p> 	<p>Gently tap the bottom of the sachet on a hard surface to make sure the powder falls to the bottom of the sachet. Cut the sachet open a third of the way from the top using clean scissors. Use the scoop to measure the right amount of supplement for your child. Make sure that the scoops are level by using the handle of the second scoop to scrape off the excess supplement. Excess supplement should not be put back in the sachet and should be thrown away. Add the supplement to the bottle*.</p>
<p>5</p> 	<p>Put the teat or lid on top of the bottle / a lid on top of the cup and shake the bottle until all the supplement has been dissolved.</p>
<p>6</p> 	<p>Before giving the feed to your child, make sure it is not too hot by checking the temperature on the inside of your wrist. It should be warm but not hot (lukewarm). You can now give the milk containing supplement to your child.</p>

\*If the supplement does not dissolve fully when added to the milk, add the supplement to the empty milk bottle and use the back of the scoop to gently break up the supplement before adding the milk and moving on to Step 5.

## How much supplement do I need to give my child?

The following tables show the amount of supplement needed per day and per feed based on the weight of your child when given with 1, 2, 3 or 4 breast or tube feeds.

**TABLE 5: GIVING THE SUPPLEMENT BY BOTTLE OR BY TUBE FEEDING: IN 1 FEED PER DAY**

*Amount of supplement per day, based on the weight of your child, if you give the supplement in **1 feed per day***

Weight category	Child's weight (in kg)	Number of scoops of supplement per day	If given in 1 feed per day, number of scoops of supplement per feed	Minimum volume of milk for mixing supplement (ml)
	Weight between ... and ... kg			
<b>1</b>	1.0-1.99	1	1	15
<b>2</b>	2.0-2.99	2	2	30
<b>3</b>	3.0-3.99	3	3	45
<b>4</b>	4.0-4.99	4	4	60
<b>5</b>	5.0-5.99	5	5	75
<b>6</b>	6.0-6.99	6	6	90
<b>7</b>	7.0-7.99	7	7	105
<b>8</b>	8.0-8.99	8	8	120
<b>9</b>	9.0-9.99	9	9	135
<b>10</b>	10.0-10.99	10	10	150
<b>11</b>	11.0-11.99	11	11	165
<b>12+</b>	12 kg or more	12	12	180

**General rule:** 1 scoop of supplement needs to be dissolved in at least 15 ml expressed breast milk or infant formula.

**TABLE 6: GIVING THE SUPPLEMENT BY BOTTLE OR BY TUBE FEEDING: IN 2 FEEDS PER DAY**

*Amount of supplement needed per day and per feed based on the weight of your child, if you spread the supplement across 2 feeds per day*

Weight category	Child's weight (in kg)	Number of scoops of supplement per day	Number of scoops with supplement per feed (if spread across 2 feeds per day)		Minimum volume of milk for mixing supplement (ml)	
			Feed 1	Feed 2	Feed 1	Feed 2
	Weight between ... and ... kg					
<b>2</b>	2.0-2.99	2	1	1	15	15
<b>3</b>	3.0-3.99	3	2	1	30	15
<b>4</b>	4.0-4.99	4	2	2	30	30
<b>5</b>	5.0-5.99	5	3	2	45	30
<b>6</b>	6.0-6.99	6	3	3	45	45
<b>7</b>	7.0-7.99	7	4	3	60	45
<b>8</b>	8.0-8.99	8	4	4	60	60
<b>9</b>	9.0-9.99	9	5	4	75	60
<b>10</b>	10.0-10.99	10	5	5	75	75
<b>11</b>	11.0-11.99	11	6	5	90	75
<b>12+</b>	12 kg or more	12	6	6	90	90

**General rule:** 1 scoop of supplement needs to be dissolved in at least 15 ml expressed breast milk or infant formula.

**TABLE 7: GIVING THE SUPPLEMENT BY BOTTLE OR BY TUBE FEEDING: IN 3 FEEDS PER DAY**

*Amount of supplement needed per day and per feed based on the weight of your child, if you give the supplement across 3 feeds per day*

Weight category	Child's weight (in kg)	Number of scoops of supplement per day	Number of scoops with supplement per feed (if spread across 3 feeds per day)			Minimum volume of milk for mixing supplement (ml)		
			Feed 1	Feed 2	Feed 3	Feed 1	Feed 2	Feed 3
	Weight between ... and ... kg							
2	2.0-2.99	2	1	1	None	15	15	None
3	3.0-3.99	3	1	1	1	15	15	15
4	4.0-4.99	4	2	1	1	30	15	15
5	5.0-5.99	5	2	2	1	30	30	15
6	6.0-6.99	6	3	2	1	45	30	15
7	7.0-7.99	7	3	2	2	45	30	30
8	8.0-8.99	8	3	3	2	45	45	30
9	9.0-9.99	9	3	3	3	45	45	45
10	10.0-10.99	10	4	4	2	60	60	30
11	11.0-11.99	11	4	4	3	60	60	45
12+	12 kg or more	12	4	4	4	60	60	60

**General rule:** 1 scoop of supplement needs to be dissolved in at least 15 ml expressed breast milk or infant formula.

**TABLE 8: GIVING THE SUPPLEMENT BY BOTTLE OR BY TUBE FEEDING: IN 4 FEEDS PER DAY**

*Amount of supplement needed per day and per feed based on the weight of your child, if you spread the supplement across **4 feeds per day***

Weight category	Child's weight (in kg)	Number of scoops of supplement per day	Number of scoops with supplement per feed (if spread across 4 feeds per day)				Minimum volume of milk for mixing supplement (ml)			
			Feed 1	Feed 2	Feed 3	Feed 4	Feed 1	Feed 2	Feed 3	Feed 4
2	2.0-2.99	2	1	1	None	None	15	15	None	None
3	3.0-3.99	3	1	1	1	None	15	15	15	None
4	4.0-4.99	4	1	1	1	1	15	15	15	15
5	5.0-5.99	5	2	1	1	1	30	15	15	15
6	6.0-6.99	6	2	2	1	1	30	30	15	15
7	7.0-7.99	7	3	2	1	1	45	30	15	15
8	8.0-8.99	8	3	2	2	1	45	30	30	15
9	9.0-9.99	9	3	2	2	2	45	30	30	30
10	10.0-10.99	10	3	3	2	2	45	45	30	30
11	11.0-11.99	11	3	3	3	2	45	45	45	30
12+	12 kg or more	12	3	3	3	3	45	45	45	45

**General rule:** 1 scoop of supplement needs to be dissolved in at least 15 ml expressed breast milk or infant formula.

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## What to do if your child does not finish their feed

If your child does not finish the whole feed, they will not have received the full amount of supplement. You can give the amount of supplement your child missed with a different feed later in the day. Here is an example of how to work out the amount of 'missed' supplement and how much to give with the new feed:

### Example 1:

You gave your 4kg child a feed with 4 scoops of supplement, but they only drank half of it. You can assume your child only received half of the supplement (2 scoops). Your child has "missed" 2 scoops. You should give 2 scoops of supplement with the next feed.

### Example 2:

You gave your 3.5kg child a feed with 3 scoops of supplement, but they only drank half of it. You can assume your child only received half of the supplement (1.5 scoops). Your child has "missed" 1.5 scoops. When you work out how much supplement to give with the next feed always round down to the nearest whole scoop. This is 1 scoop in this example. You should give 1 scoop of supplement with the next feed.

If your child regularly doesn't finish their feed mixed with the supplement, offer a smaller feed containing the supplement. You still need to make sure that at least the minimum amount of milk needed is given (see supplement dosing tables from p. X of this booklet onwards).

After your child has finished the milk mixed with supplement you can then give the rest of their feed without any supplement.

## What if my child vomits a feed up (reflux)?

Reflux is very common in babies born extremely preterm and in babies with HIE. Your baby may already be on treatment for reflux.

If you are worried about regular vomiting (whether the supplement has been added to the feed or not), or about worsening symptoms, and your child is well, please contact your family doctor (GP) for advice.

If your child only vomits on a regular basis after a feed with supplement, please contact your local NHS clinical team for advice. They may suggest to split the daily supplement dose across more than one feed. Please don't try to give more supplement to replace that 'lost' due to vomiting.

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If your child vomits because he/she might be unwell, please contact your GP. Please call 999 or go to Accident and Emergency if you think your child might be seriously unwell.

## What if my child is unwell and doesn't want to take his or her usual feeds for 1-2 days?

If your child is unwell and doesn't want to take their usual feeds for 1 or 2 days, don't give the supplement during this time. You can re-start it when your child has recovered. If you are in doubt about what to do, please contact your local NHS clinical team using the contact details at the back of this booklet.

If you are worried about your child's health, please speak to your family doctor (GP) or call NHS 111. Call 999 or go to the Accident and Emergency department if you think your child may be seriously unwell.

## Food allergies

If your child is starting an exclusion diet to assess for a food allergy, you may be asked to stop the supplement whilst this happens. If your child develops a confirmed condition or food allergy listed below, please stop the supplement and tell your local NHS clinical team or the DOLFIN study team using the contact details on the back of this booklet:

- galactosaemia
- cow's milk allergy
- lactose intolerance
- intolerance to eggs and products made from eggs
- fish allergy

## Weaning



As your child gets older, they will usually drink less milk and gradually increase the amount of solid food they eat. Weaning usually starts around 6 months but can start a bit earlier or later – every child is different.

During weaning, you can choose to add the supplement to food, or you can continue adding the supplement to milk. If your child is happy taking the supplement in their milk feeds, we would recommend that you continue to give it in this way.

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## **Suggestions for foods to mix supplement with:**

- Food that has a puréed or mashed texture; mashed cooked vegetables, e.g. carrot, pea, broccoli, cauliflower, parsnip, butternut squash, potato, sweet potato, avocado, fruit
- Puréed or mashed up pasta, noodles, rice, meat, fish and chicken
- Mixtures of the above e.g. mashed potato, broccoli and chicken or butternut squash with rice.
- Ready to use child foods e.g. jars and pouches
- Porridge, wheat biscuits, or other cereals: prepare the cereal as indicated on the package then add the supplement.
- Yoghurt

Every child is different, and these suggestions might not suit them. If you have any questions or concerns, please contact your local NHS clinical team (see contact details at the back of this booklet). Please ask if you are unsure, your local NHS clinical team and the study team are here to help you.

## **How to add the supplement to foods**

When giving the supplement in foods it is best to:

- Start once you have established the weaning process and your child is regularly eating small amounts of food.
- Mix each scoop of supplement with at least 3-5 teaspoons of puréed or mashed food. The supplement will not dissolve completely and this is expected.
- Add the supplement immediately before serving, after the warm food has cooled. Do not add the supplement to hot food.
- The supplement can also be added to cold food, such as yoghurt. Mix the supplement with a small amount of yoghurt before offering the rest of the portion. The supplement can be given in any meal of the day. It can be given in one meal or split across more than one meal if you prefer.
- The supplement can be given in any meal of the day. It can be given in one meal or split across more than one meal if you prefer.
- If your baby does not finish the food containing the supplement please throw this in the bin at the end of the meal.



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## If your child does not eat the food with the supplement

If your child does not finish the whole meal, they will not have received the full amount of supplement. You can give the amount of supplement your child missed with a meal later in the day. Here are examples of how to work out the amount of 'missed' supplement and how much to give with the next meal:

### Example 1.

You gave your 6kg child a meal with 6 scoops of supplement, but they only ate half of the meal. You can assume your child only received half of the supplement (3 scoops). Your child has "missed" 3 scoops. You should give 3 scoops of supplement with the next meal.

### Example 2.

You gave your 7kg child a meal with 7 scoops of supplement, but they only ate half of the meal. You can assume your child only received half of the supplement (3.5 scoops). Your child has "missed" 3.5 scoops. When you work out how much supplement to give with the next feed always round down to the nearest whole scoop. This is 3 scoops in this example. You should give 3 scoops of supplement with the next meal.

If your child regularly doesn't finish their meal containing supplement, offer a smaller amount of food mixed with the supplement first. After your child has finished the food mixed with supplement you can then give the rest of their meal without any supplement.

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## FURTHER INFORMATION

### Travelling

If you are travelling for a long period of time (such as when on holiday), we recommend that you weigh your child before you leave, and let us know that weight as usual. You can request another box of supplement if you think you may not have enough to cover the time you are away.

When you are travelling or on holiday, things are not the same as at home. Despite this, it is important your child receives the supplement daily. If you take the supplement on a plane journey, please store it in your hand luggage, rather than in the hold.

You can change the timing of the feed that you give the supplement in if this makes it easier for you. If you need help planning for being on holiday please contact your local NHS clinical team using the details at the back of this booklet.

FAQs will be added on the Parent pages of the DOLFIN website at: [www.npeu.ox.ac.uk/dolphin](http://www.npeu.ox.ac.uk/dolphin)

## Appendix 1: Examples of how to make up the supplement

### EXAMPLE 1: GIVING THE SUPPLEMENT AS A SHOT BEFORE A BREASTFEED: IN 1 FEED PER DAY

#### Example 1

Your child weighs 5.8kg. In table 1 you can see your child is in weight category 5. You want to give the daily amount of supplement in 1 feed per day.

In table 1 you can see that your child needs 5 scoops of supplement per day.

In the last column of table 1 (Minimum volume of milk for mixing supplement (ml)) at row 5 (your child is in weight category 5) you see that 5 scoops need to be dissolved in at least 15 ml of milk.

If you want to spread the daily amount of supplement across more than 1 feed, please look at table 2 (2 feeds), table 3 (3 feeds) or table 4 (4 feeds). All these tables work in a similar manner.

#### Example 1.1 – adding missed supplement to a new feed

Your child weighs 5.8kg. In table 1 you can see your child is in weight category 5. You want to give the daily amount of supplement in 1 feed per day.

In table 1 you can see that your child needs 5 scoops of supplement per day.

Your child only drank half of the milk mixed with supplement. There were 5 scoops of supplement in the milk. You can assume your child took half of the supplement (2.5 scoops). Your child has “missed” 2.5 scoops of supplement. As explained above, you round this down to 2 scoops to be given later in the day.

According to table 1 you will need to add 2 scoops of supplement to 6 ml of expressed breast milk or infant formula.

## EXAMPLE 2: GIVING THE SUPPLEMENT AS A SHOT BEFORE A BREASTFEED: IN 2 FEEDS PER DAY

### Example 2

Your child weighs 5.8kg. In table 2 you can see your child is in weight category 5. You want to spread the daily amount of supplement across 2 feeds per day.

In table 2 you can see that your child needs 5 scoops of supplement per day. In the next column you see that you need to give 3 scoops before feed 1, and 2 scoops before feed 2.

In the last column of table 2 (Minimum volume of milk for mixing supplement (ml)) at row 5 (your child is in weight category 5) you can see that the 3 scoops before feed 1 need to be dissolved in at least 9 ml of expressed breast milk or infant formula. The 2 scoops before feed 2 need to be dissolved in at least 6 ml of expressed breast milk or infant formula.

If you want to spread the daily amount of supplement across more than 2 feeds, please look at table 3 (3 feeds) or table 4 (4 feeds). These tables work in a similar manner.

### Example 2.1 – adding missed supplement to a new feed

Your child weighs 5.8kg. In table 2 you can see your child is in weight category 5. You want to spread the daily amount of supplement across 2 feeds per day.

In table 2 you can see that your child needs 5 scoops of supplement per day. In the next column you see that you need to give 3 scoops before feed 1, and 2 scoops before feed 2.

**Your child only drank half of the milk mixed with supplement before feed 1.** There were 3 scoops of supplement in the milk. You can assume your child took half of the supplement (1.5 scoops). Your child has “missed” 1.5 scoops. As explained above, we round this down to 1 scoop to be given before a feed later in the day.

If you wish to add the missed supplement to the supplement being given before feed 2, you will now give 3 scoops of supplement before feed 2. Each scoop (1g) of supplement needs to be mixed with 3 ml of milk, and so 3 scoops of supplement needs to be mixed with 9 ml of milk.

Instead of adding the missed supplement to the supplement being given before feed 2, you could give it on its own before a separate feed later in the day. 1 scoop of supplement would need to be mixed with a minimum of 3ml of expressed breast milk or infant formula.

### **EXAMPLE 3: GIVING THE SUPPLEMENT AS A SHOT BEFORE A BREASTFEED: IN 3 FEEDS PER DAY**

#### **Example 3**

Your child weighs 5.8kg. In table 3 you can see your child is in weight category 5. You want to spread the daily amount of supplement across 3 feeds per day.

In table 3 you can see that your child needs 5 scoops of supplement per day. In the next column you see that you need to give 2 scoops before feed 1, 2 scoops before feed 2 and 1 scoop before feed 3.

In the last column of table 2 (Minimum volume of milk for mixing supplement (ml)) at row 5 (your child is in weight category 5) you can see that the 2 scoops in feed 1 and feed 2 need to be dissolved in at least 6 ml of expressed breast milk or infant formula. The 1 scoop before feed 3 needs to be dissolved in at least 3 ml of expressed breast milk or infant formula.

### **EXAMPLE 4: GIVING THE SUPPLEMENT AS A SHOT BEFORE A BREASTFEED: IN 4 FEEDS PER DAY**

#### **Example 4**

Your child weighs 5.8kg. In table 4 you can see your child is in weight category 5. You want to spread the daily amount of supplement across 4 feeds per day.

In table 4 you can see that your child needs 5 scoops of supplement per day. In the next column you see that you need to give 2 scoops before feed 1, and 1 scoop before feeds 2, 3, and 4.

In the last column of table 4 (Minimum volume of milk for mixing supplement (ml)) at row 5 (your child is in weight category 5) you can see that the 2 scoops before feed 1 need to be dissolved in at least 6 ml of expressed breast milk or infant formula. The 1 scoop before feeds 2, 3, and 4 needs to be dissolved in at least 3 ml of expressed breast milk or infant formula.

## EXAMPLE 5: GIVING THE SUPPLEMENT BY BOTTLE OR TUBE FEEDING : IN 1 FEED PER DAY

### Example 5

Your child weighs 5.8kg. In table 5 you can see your child is in weight category 5. You want to give the daily amount of supplement in 1 feed per day.

In table 5 you can see that your child needs 5 scoops of supplement per day.

In the last column of table 5 (Minimum volume of milk for mixing supplement (ml)) at row 5 (your child is in weight category 5) you can see that the 5 scoops need to be dissolved in at least 75 ml of milk.

If you want to spread the daily amount of supplement across more than 1 feed, please look at table 6 (2 feeds), table 7 (3 feeds) or table 8 (4 feeds). All these tables work in a similar manner.

### Example 5.1 – adding missed supplement to a new feed

Your child weighs 5.8kg. In table 5 you can see your child is in weight category 5. You want to give the daily amount of supplement in 1 feed per day.

In table 5 you can see that your child needs 5 scoops of supplement per day.

**Your child only drank half of their feed.** There were 5 scoops of supplement in the feed. You can assume your child took half of the supplement (2.5 scoops). Your child has “missed” 2.5 scoops of supplement. As explained above, you round this down to 2 scoops to be given later in the day.

You can add the missed supplement from feed 1, to another feed later in the day. According to table 5 you need to add 2 scoops of supplement to 30 ml of expressed breast milk or infant formula.

## EXAMPLE 6: GIVING THE SUPPLEMENT BY BOTTLE OR TUBE FEEDING: IN 2 FEEDS PER DAY

### Example 6

Your child weighs 5.8kg. In table 6 you can see your child is in weight category 5. You want to spread the daily amount of supplement across 2 feeds per day.

In table 6 you can see that your child needs 5 scoops of supplement per day. In the next column you see that you need to add 3 scoops to feed 1, and 2 scoops to feed 2.

In the last column of table 6 (Minimum volume of milk for mixing supplement (ml)) at row 5 (your child is in weight category 5) you can see that the 3 scoops in feed 1 need to be dissolved in at least 45 ml of expressed breast milk or infant formula. The 2 scoops in feed 2 need to be dissolved in at least 30 ml of expressed breast milk or infant formula.

If you want to spread the daily amount of supplement across more than 2 feeds, please look at table 7 (3 feeds) or table 8 (4 feeds). These tables work in a similar manner.

## EXAMPLE 7: GIVING THE SUPPLEMENT BY BOTTLE OR TUBE FEEDING: IN 3 FEEDS PER DAY

### Example 7

Your child weighs 5.8kg. In table 7 you can see your child is in weight category 5. You want to spread the daily amount of supplement across 3 feeds per day.

In table 7 you can see that your child needs 5 scoops of supplement per day. In the next column you see that you need to add 2 scoops to feed 1, 2 scoops to feed 2 and 1 scoop to feed 3.

In the last column of table 7 (Minimum volume of milk for mixing supplement (ml)) at row 5 (your child is in weight category 5) you can see that the 2 scoops in feed 1 and feed 2 each need to be dissolved in at least 30 ml of expressed breast milk or infant formula. The 1 scoop in feed 3 needs to be dissolved in at least 15 ml of expressed breast milk or infant formula.

## EXAMPLE 8: GIVING THE SUPPLEMENT BY BOTTLE OR TUBE FEEDING: IN 4 FEEDS PER DAY

### Example 8

Your child weighs 5.8kg. In table 8 you can see your child is in weight category 5. You want to spread the daily amount of supplement across 4 feeds per day.

In table 8 you can see that your child needs 5 scoops of supplement per day. In the next column you see that you need to add 2 scoops to feed 1, and 1 scoop to feeds 2, 3, and 4.

In the last column of table 8 (Minimum volume of milk for mixing supplement (ml)) at row 5 (your child is in weight category 5) you can see that the 2 scoops in feed 1 need to be dissolved in at least 30 ml of expressed breast milk or infant formula. The 1 scoop in feeds 2, 3, and 4 each needs to be dissolved in at least 15 ml of expressed breast milk or infant formula.

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## Local contacts

### Principal Investigator

{ PI }

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{ C2 }

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{ PALS Name }

{ PALS }

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This study is being organised by the National Perinatal Epidemiology Unit (NPEU) CTU at the University of Oxford. The Unit is dedicated to improving the care provided to women and their families during pregnancy, childbirth and the period after birth, as well as the care provided to the newborn. [www.npeu.ox.ac.uk](http://www.npeu.ox.ac.uk)

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