

HOW TO TELL BOTTLE FEEDING IS GOING WELL

BOTTLE FEEDING IS GOING WELL IF YOUR BABY:	TALK TO YOUR MIDWIFE IF:
Has around 8 feeds in 24hrs	Your baby is sleepy and not feeding around 8 times in 24hrs
Has normal skin colour	Your baby appears jaundice (skin looks yellow)
Is kept close and you see the feeding cues	You don't understand feeding cues
Sets his/her own pace and is fed responsively	You do not understand paced, responsive bottle feeding
Is generally relaxed whilst feeding	Your baby fights the teat and struggles whilst feeding
Is content after feeds	Your baby screams after feeds, and struggles with colic symptoms
Has wet nappies (increasing to 6 heavy wet nappies by day 6 -pale yellow)	Wees are scanty , dark , strong smelling
Has dirty nappies (poos at least once a day- soft yellow)	Poos are infrequent and hard (baby struggles to poo)
Weight loss and weight gain is within normal limits	Your baby fails to gain weight / weight is static / weight increases rapidly
Feeds easily from a teat and is seen swallowing and pausing	Your baby dribbles milk and does not feed easily

REMEMBER TO BOTTLE FEED RESPONSIVELY / PACING THE FEEDS:

- ✓ Keep your baby close and snuggled in with lots of eye contact (talk to your baby – lots)
- ✓ Ensure the teat is gently inserted into your baby's mouth by brushing teat on top lip so baby opens mouth wide – allow baby to take control
- ✓ Pace the feeds (your baby may want to rest at intervals or be burped)
- ✓ Do not force your baby to finish full feed (often babies want different amounts at each feed)
- ✓ Limit number of people who feed baby – a new baby needs one or two main care givers to give feeds (part of bonding and attachment)

REMEMBER:

- ✓ Wash and sterilise all equipment and clean all surfaces (and wash your hands)
- ✓ Empty the kettle and refill with 1 litre of fresh water every time
- ✓ Boil kettle and use the water anytime within 30mins so the water will be 70 degrees Celsius or above (this kills any bacteria that may be in the powdered milk)
- ✓ Make 1 bottle up at a time – water first then level scoops of powder (cool the feed down before giving it to your baby)
- ✓ Discard milk within 2 hours of preparation
- ✓ **1st milk only for 1 year** and then full fat cow's milk from 1 year old (in a cup)