

# Guide to bottle feeding

When we feed babies responsively from the bottle it can help reduce digestive discomfort reflux and colic. Babies also enjoy the closeness and the eye contact, and this will support their emotional wellbeing as they develop.

- **Feeding cues can include:**  
Licking and smacking lips, sticking tongue out, turning head, mouthing, sucking on fingers/ hand rooting
- **Full Up Cues/ I need a break cues can include**  
splayed fingers and toes, milk spilling out of mouth, stopping sucking, turning head away, pushing teat away



## How to help a baby feed responsively:

- ✓ Hold the baby semi-upright
- ✓ Invite the baby to take the teat
- ✓ Hold the bottle horizontally (or just slightly tipped) in order that the baby can control the flow of milk
- ✓ Follow the baby's cues for when they need a break
- ✓ Avoid forcing the baby to complete the feed.
- ✓ Keep it to 1 or 2 main carers to give the bottle

## Safe Preparation of Formula milk > see [Guide to Bottle Feeding leaflet](#)

- ✓ 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

**1<sup>st</sup> milk only for 1 year** and then full fat cow's milk from 1 year old (in a cup)

how to tell if my baby is bottle feeding well		✓	✓
Has around 8 feeds in 24hrs			Has wet nappies (increasing to 6 heavy wet nappies by day 6 -pale yellow)
Is kept close and you can see the early feeding cues			Has dirty nappies (poos at least once a day- soft yellow)
Baby sets his/her own pace and is fed responsively			Weight gain is within normal limits
Feeds easily from a teat and is seen swallowing and pausing			Is generally relaxed whilst feeding and content after feeds