

Bottle feeding Your Baby

1. Choose a slow/newborn flow bottle nipple and the shape most appropriate for your baby (baby should accept the nipple and a portion of the nipple base).
2. Hold the baby skin to skin in an upright position.
3. Gently run the bottle nipple along the baby's upper lip, wait for a wide open mouth. Avoid pushing the nipple into the baby's mouth. Allow baby to take bottle nipple deeply into the mouth. The baby's mouth should remain wide open on the bottle nipple.
4. Allow the baby to take a few sucks on the bottle nipple without receiving milk - so baby does not expect immediate flow.
5. Tilt bottle horizontally to ensure only 1/2 of bottle nipple is filled with milk .This allows your baby to control the rate of flow to their comfort - don't worry about the air, it will pass - one end or the other ! This also ensures your baby is able to pause and rest as needed, just as we do during a meal!

Observing Baby

Hunger cues

Early - licking lips, turning head, hands to mouth

Active - rooting

Late - crying

Flow

Calm, rhythmic sucking, makes eye contact, relaxed body

Too fast or distressed - gulping, flails arms and legs, worried look, furrowed brow, gasping, crying, choking, leaking around nipple, clenched fists

Too slow or frustrated - flails, bites, disinterested, sleepy, crying,

Bottle refusal - closes mouth, turns head away or pushes away