Bottle feeding

Feeding time is a great way to bond with your baby. Bottle feeding refers to giving your baby either expressed breastmilk or infant formula.



For more information on paced bottle-feeding, scan the QR code.

HOW TO FEED YOUR BABY WITH A BOTTLE?

- Always hold your baby close, with their head supported, and in a semi-upright position.
- Wait for your baby to accept the bottle by opening their mouth. Gently touch their upper lip with the bottle nipple, to encourage a wide-open mouth.
- Use a slow flow teat to help your baby drink at their own pace.
- Keep the bottle slightly tipped (horizontally) so that the milk does not flow too fast and they are not sucking in air.
- Offer your baby short breaks by sitting them upright, re-offer the bottle and watch to see if they want more as they may be full.
- For a baby to feel satisfied, a feed should take about 20 – 30 minutes.
- Never leave your baby alone with a bottle or feed them laying down or prop feed them on a cushion. This can cause choking, ear infections and tooth decay.



HOW MUCH MILK DOES MY BABY NEED?

All babies are unique and will need varying amounts of milk. They may not always finish their bottle but will take what they need. Their appetites may change daily.

SIGNS YOUR BABY IS FULL:

Your baby will show signs that they are full or need a break from feeding, look out for:

- spreading toes and fingers
- milk spilling out of their mouth during feeding
- head turning or pushing the bottle away.

During this time, you can burp them or give them a break from feeding. Re-offer the bottle, however, there is no need to pressure them to finish. Your baby will drink as much as they need.

Infant formula is the only safe alternative when breastmilk is not available. If you decide not to breastfeed or stop breastfeeding, it may be possible to restart. It's important to know, giving infant formula to a breastfed baby will reduce your milk supply.

SIGNS THAT YOUR BABY IS GETTING ENOUGH MILK

- 5-6 wet, heavy disposable nappies, or 6-8 wet cloth nappies in 24-hours. Baby's urine should be pale and odourless.
- Soft or runny poos, that are yellowish/ greenish to brown in colour. They may be daily or every few days.
- Satisfactory weight gain and growth. Visit your Child and Family Health Nurse or GP to measure and monitor weight, length and head circumference, in your baby's Person Health Record book.

FOR MORE INFORMATION VISIT

- www.karitane.com.au
- www.healthybeginnings.net.au

For more support, contact your local Child and Family Health Centre or the Karitane Care Line (1300 227 464).

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