



# Bottle Feeding

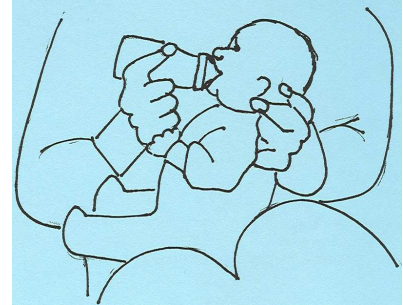
## What nipple should I use?

Slow flow silicon nipple with a long shaft and a wide base:

- Smaller babies: **Playtex VentAire® Slow Flow Nipple with Standard base (Not wide)**
- Older babies: **Evenflo Ultra or Avent.**

## What is the best way to hold baby?

Position your baby on your lap sitting in a semi-upright position. Support your baby's head and shoulders in one hand while your other hand holds the bottle. Your baby's head should not extend back or bend forward (baby's upper body and head should be aligned).



## Step by Step Bottle Feeding:

1. Tickle your baby's lips with the nipple. When the mouth opens, insert the **entire** nipple so that your baby's lips flange out over the wider part of the nipple. Ideally, your baby's lips should touch the edge of the nipple ring. If your baby won't take all of the nipple, or gags on it, withdraw the nipple slightly and then gently insert again until your baby is comfortable.
2. Angle the bottle slightly so that fluid fills the nipple. Let your baby suckle 4-6 times and then tilt the bottle down so that the nipple is empty and your baby can catch her breath and relax. Reassure your baby that she is OK. After 10-20 seconds, fill the nipple with milk again and let your baby suckle.
3. Do not hyper-extend your baby's head and neck as the bottle empties. Instead lean your baby slightly back to keep the nipple filled with fluid.
4. After 1 ounce of fluid, withdraw the nipple, burp your baby and take a 1-2 minute break. If feeding more, offer the nipple again. This break allows time for your baby to feel full, and may help prevent overfeeding, which is easy to do with a bottle.

It is not unusual for a newborn who is very sleepy due to prematurity or jaundice to take a long time to take breast milk or formula from a bottle.

As your baby gets older and is well attached to the breast, it may be difficult to teach your baby to take a bottle. Often it is easier for someone other than baby's mother to offer the bottle. This person must be patient and understand that this is a new experience for your baby and it may take awhile to learn how to bottle feed.

A baby who is older than 3 months may do better going straight to a cup with a soft spout, rather than learning to take a bottle.

Because the breast is better for the oral development of a baby's mouth, it is wise to limit bottles to when a baby cannot be fed at the breast. This may occur due to extreme prematurity, a physical anomaly, temporary mother-infant separation or when a mother must return to work or school.

Adapted from MilkWorks