

Bottle Feeding

You may choose to use infant formula to feed your baby. Most infant formula is made from treated cows' milk that is suitable for babies.

Goats' milk based infant formula is also approved for use. You should not feed your baby other formulas unless your midwife, health visitor or GP recommends you to.

All brands of formula milk are generally very similar so it doesn't matter which particular brand you use.



Bottle Feeding

Equipment

For bottle feeding your baby you will need the following:

- Bottles with Teats and Bottle Covers
- Infant Formula
- Bottle and Teat Brushes
- Sterilising Equipment

There is no evidence to suggest that one particular type of bottle or teat is better than any other so select whichever works best for you and your baby.



Sterilising

It's important to sterilise all your baby's feeding equipment, including bottles and teats, until they are at least 12 months old. This can help to protect your baby against infections.

There are several ways you can sterilise your baby's feeding equipment including:

Cold Water
Sterilising
Solution

Steam
Sterilising

Boiling

Before sterilising, clean bottles and teats in hot, soapy water. Once washed, rinse in clean, cold water.

For sterilising, follow the manufacturers instructions for whichever method of sterilisation you choose to use.

Preparing A Formula Feed

- 1** Fill a kettle with at least 1 litre of fresh, cold water and boil. Once boiled leave to cool in the kettle for no longer than 30 minutes
- 2** Clean and disinfect the surface you want to use and then thoroughly wash your hands.
- 3** If using a cold-water steriliser, shake off any excess solution from the bottle and tea, rinse the bottle with cooled boiled water from the kettle - do not use water from the tap
- 4** Stand the bottle on the cleaned surface but keep the teat and cap on the steriliser
- 5** Follow the manufacturer's instructions and pour the correct amount of water into the bottle from the cooled kettle



Preparing A Formula Feed

6

Loosely fill the scoop with formula - according to the manufacturer's instructions - and level it off using a straight edge.

7

Holding the edge of the teat, put it on the bottle. Then screw the retaining ring onto the bottle.

8

Cover the teat with the cap and shake the bottle thoroughly until the powder is dissolved.

9

Cool the formula before feeding to ensure it is not too hot. You can do so by holding the bottom half of the bottle under cold running water, ensuring that the cold water does not touch the teat.

10

Test the temperature of the infant formula before feeding. You can do so on the inside of your wrist. It should be body temperature, which means it should feel warm or cool, but not hot.

How To Bottlefeed:

1

Sit comfortably with your baby, holding them close and looking into their eyes. This can help your baby feel calm and relaxed.

2

Hold your baby fairly upright whilst supporting their head so that they can swallow and breathe comfortably

3

Brush the teat of the bottle against your baby's lips to encourage them to open their mouth wide

4

Once your baby's mouth is wide open, allow them to draw in the teat

5

Your baby may require short breaks during the feed and may need to burp,. When your baby has finished feeding, hold them upright and gently rub or pat their back to bring up any wind.

Tips for Bottle Feeding

- Babies will feel more secure if most they are fed their parents or main caregiver, especially in the early weeks.
- These early feeds with parents or caregivers can help to form strong and loving bonds
- Look out for your baby's hunger cues such as moving their head and mouth around or sucking their fingers
- Remember that crying is the last sign of hunger so try to feed before your baby cries
- Feed your baby with the bottle tipped slightly to prevent
- Watch your baby cues for when they need a break. These signs may include splaying their fingers and toes, spilling milk out of their mouth, stopping sucking or turning their head away

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