

Paced and Responsive Bottle Feeding and how to avoid overfeeding

The early days with your baby are a great time to get to know and love each other. This can be done by keeping your baby close to you, enjoying skin to skin contact and feeding according to our top tips below. Babies will feel more secure if the majority of feeds are given by a parent, especially in the early weeks, as this will really help you bond with each other.



What is responsive bottle feeding?

1

Feed your baby when they show signs of hunger/feeding cues; such as sucking on their fingers, opening their mouth or moving their head around.

2

Hold your baby in a semi-upright position, look into their eyes and hold them close.

3

Softly rub the teat across the baby's top lip and gently insert it into their mouth. Keep the bottle horizontal and slightly tipped, to prevent the milk flowing too fast.

4

Watch your baby for 'full up cues' - this is when they have had enough or need a rest (splay their fingers/toes, spill milk out of their mouth, push the bottle away or become relaxed/sleepy). Gently take the teat out of the mouth or tilt the milk away.

5

Your baby will know how much milk they need. Forcing your baby to finish a feed can be distressing for the baby and lead to overfeeding and other problems such as crying, colic, reflux etc.

- It doesn't matter which brand of formula you use, they are all very similar.
- There is no evidence to support 'special' milk such as 'hungry baby' or 'comfort milks'.
- Your baby needs 'First Infant Milk' for the first year of life then they can move onto full fat cow's milk. There is no need for 'follow on' milk.