

HOW TO TELL BOTTLE FEEDING IS GOING WELL

| BOTTLE FEEDING IS GOING WELL IF YOUR BABY: | TALK TO YOUR MIDWIFE IF: |
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| Has around 8 feeds in 24hrs | Your baby is sleepy and not feeding around 8 times in 24hrs |
| Has normal skin colour | Your baby appears jaundice (skin looks yellow) |
| Is kept close and you see the feeding cues | You don't understand feeding cues |
| Sets his/her own pace and is fed responsively | You do not understand paced, responsive bottle feeding |
| Is generally relaxed whilst feeding | Your baby fights the teat and struggles whilst feeding |
| Is content after feeds | Your baby screams after feeds, and struggles with colic symptoms |
| Has wet nappies (increasing to 6 heavy wet nappies by day 6 -pale yellow) | Wees are scanty , dark , strong smelling |
| Has dirty nappies (poos at least once a day- soft yellow) | Poos are infrequent and hard (baby struggles to poo) |
| Weight loss and weight gain is within normal limits | Your baby fails to gain weight / weight is static / weight increases rapidly |
| Feeds easily from a teat and is seen swallowing and pausing | Your baby dribbles milk and does not feed easily |

REMEMBER TO BOTTLE FEED RESPONSIVELY / PACING THE FEEDS:

- ✓ Keep your baby close and snuggled in with lots of eye contact (talk to your baby – lots)
- ✓ Ensure the teat is gently inserted into your baby's mouth by brushing teat on top lip so baby opens mouth wide – allow baby to take control
- ✓ Pace the feeds (your baby may want to rest at intervals or be burped)
- ✓ Do not force your baby to finish full feed (often babies want different amounts at each feed)
- ✓ Limit number of people who feed baby – a new baby needs one or two main care givers to give feeds (part of bonding and attachment)

REMEMBER:

- ✓ Wash and sterilise all equipment and clean all surfaces (and wash your hands)
- ✓ Empty the kettle and refill with 1 litre of fresh water every time
- ✓ Boil kettle and use the water anytime within 30mins so the water will be 70 degrees Celsius or above (this kills any bacteria that may be in the powdered milk)
- ✓ Make 1 bottle up at a time – water first then level scoops of powder (cool the feed down before giving it to your baby)
- ✓ Discard milk within 2 hours of preparation
- ✓ **1st milk only for 1 year** and then full fat cow's milk from 1 year old (in a cup)