

## Early bottle feeding days

Effective bottle feeding:	Talk to your midwife if if:
Baby has 8 or more feeds in 24 hours	Baby is sleepy and / or has had less than 8 feeds in 24 hours
Baby is kept close to you and you respond to feeding cues	You don't understand feeding cues or paced, responsive bottle feeding
Baby has normal skin colour	Baby appears jaundiced (skin looks yellow)
Baby is generally relaxed whilst feeding and is content after most feeds	Your baby struggles whilst feeding/after feeding with colic/reflux symptoms
Baby has wet and dirty nappies (see chart below)	Baby is not having expected wet and dirty nappies (see below)
Baby is fed in a paced, responsive way – semi upright, close to parent, invite baby to take the teat, holding the bottle horizontally/slightly tipped, minimising people giving the feed, never forced to finish a feed, pace the feed according to baby's cues	Your baby dribbles milk/does not feed easily
Weight loss/weight gain is within normal limits	Your baby fails to gain weight / static weight / weight increases rapidly
You are happy with bottle feeding	If you are not sure if baby is swallowing milk or feeding effectively

**Feeding is a time for love, communication, comfort, rest and relaxation.**

**Please see our web page for lots of helpful information and support options:**

<https://elht.nhs.uk/services/maternity-and-newborn-services/infant-feeding>

**Breastfeeding is the healthiest way to feed your baby. If you decide not to breastfeed or to stop breastfeeding, it is possible to restart. Giving infant formula to a breastfed baby will reduce your milk supply. You do not need to eat any special foods while breastfeeding, but it is a good idea for you, just like everyone else, to eat a healthy diet.**

# Nappies

Nappy contents change during the first week. This indicates that your baby is getting plenty of milk. Nappy content will look different for a formula fed baby compared to a baby who is fed expressed breast milk in a bottle. Please ask your midwife for further information.

Baby's age	Wet nappies (Number each 24 hours)	Dirty nappies (Your baby should 'poo' every day in first few weeks)
1–2 days old	1–2	1 or more dark green / black 'tar like' - this is called 'meconium'
3–4 days old	3 – Nappies feel heavier	1 or more – changing in colour – brown/green/yellow. This is called a 'changing poo'
5–6 days old	5 – Heavy, wet nappies	At least 1 soft poo per day
7–28 days	6 or more – Heavy, wet nappies	At least 1 soft poo per day

# Jaundice

Jaundice in new babies can be normal. However, if your baby's skin is a shade of yellow and your baby is sleepy and not feeding effectively, please inform your midwife straight away. Your midwife will monitor your baby and give you advice. Importantly, you will need to ensure your baby feeds effectively. **Ensuring regular and effective feeding will help resolve the jaundice.** This is important. Extra vigilance is needed when your baby was born under 38 weeks gestation.  
<https://www.nhs.uk/conditions/jaundice-newborn/>