

Responsive bottle feeding

If you have decided to bottle feed your baby, the following information will help you do so as safely as possible and will help you and your baby have a close and loving feeding experience. Even if you have bottle fed before, talk to your health visitor about the latest information on sterilising, types of milk to use and how to make up feeds as safely as possible.

It is best for just you and your partner to feed baby in the early weeks. This will help baby to feel safe and secure, get used to your way of feeding, and enable you to form a close loving bond with her.

Tips for bottle feeding

- Offer feeds when baby shows early signals of being hungry
- If baby is upset, try to soothe her before you offer a feed. Skin contact is great for calming babies at any time
- Hold baby close to you, in a slightly upright position
- Look into baby's eyes and talk gently to her
- Gently rub the teat above baby's top lip to encourage her to open her mouth and poke her tongue out
- Place the teat into front of baby's mouth allowing her to draw it further in
- Allow just enough milk to cover teat and pace the feed to meet baby's needs, gently removing it if baby appears to want a break
- Offer frequent breaks throughout the feed sitting baby upright to help bring up her wind
- Never force baby to take a whole feed as she will know when she has had enough
- Discard any left over milk

