

How do I help my baby to feed from a bottle?

- Always hold your baby close to you and look into his eyes when feeding. This helps your baby feel safe and loved.
- Try to hold your baby fairly upright, with his head supported in a comfortable, neutral position.
- Hold the bottle horizontal to the ground, tilting it just enough to ensure your baby is taking milk, not air, through the teat. Babies feed in bursts of sucking with short pauses to rest. In this position, when your baby pauses for a rest the milk will stop flowing, allowing him to have a short rest before starting to suck again.
- Brush the teat against his lips and when he opens his mouth wide with his tongue down, help him draw the teat in.
- You will see bubbles in the bottle as your baby feeds. If you can't see any bubbles, break the suction between his tongue and the teat from time to time by moving the teat slightly to the side of his mouth. You should then see bubbles rushing back up into the remaining milk.
- Your baby may need short breaks during the feed; he may also need to burp sometimes.
- Interrupting the feed from time to time also gives your baby a chance to register how 'full' he is, and thus control his intake.

Your baby needs to be able to relate to those caring for him. Aim to keep the number of people who feed him as small as possible.

Your baby should always be held and never be left unattended while feeding from a bottle.