

# Bottle Feeding



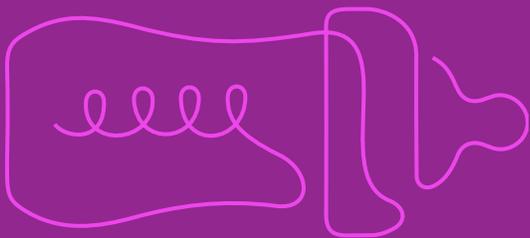
**It is important that babies are bottle fed safely. If the flow of milk is too fast, a baby may feel stressed and may choke. A baby who is bottle feeding safely will be able to suck, swallow and breathe in a relaxed and easy manner.**

## **Keep your baby safe during bottle feedings by:**

- Holding your baby during feedings
- Sitting your baby almost fully upright
- Holding the bottle parallel to the ground (horizontal) so that the nipple is full and the base of the nipple is about  $\frac{1}{2}$  to  $\frac{3}{4}$  full of breastmilk or formula
- Tipping the bottle only when there is less fluid remaining or you begin to hear baby sucking on air
- Avoiding fast flowing nipples
- Never forcing a bottle into your baby's mouth

### **Remember:**

**Always hold your baby when bottle feeding. Do not bottle feed your baby in a car seat or 'prop the bottle' up for the baby**



## **It can be stressful for a baby to have to keep up with a fast flow of liquid. Watch for these signs of stress from your baby when bottle feeding:**

- Swallowing quickly without taking a breath after each swallow
- Coughing, gagging or making squeaking noises
- Raising hands toward bottle with open hands or fists
- Breathing fast or working hard to catch breath
- Milk leaking out the side of mouth
- Smacking noises
- Pushing nipple out with tongue
- Squirming, struggling or pulling away from the bottle

## **If your baby is showing signs of stress when bottle feeding:**

- Take the nipple out of the mouth for a few seconds. Rest the nipple against your baby's upper lip then give the nipple back when baby reaches for the nipple
- Tip the bottle end down to empty the nipple of milk for a moment until baby swallows and is ready to suck again
- Take bottle away, burp and cuddle your baby, and offer bottle again when signs of hunger return (see below)

## **PUBLIC HEALTH**

1-800-361-5653

TTY: 1-866-512-6228

[york.ca/breastfeeding](http://york.ca/breastfeeding)

23-5380



 **Trust your baby knows when and how much to eat. Your baby may drink more by bottle at some feeds and less at others.**

**Signs of hunger include:**

- Rooting (opening mouth and searching for nipple)
- Restlessness (moving, squirming and fussing)
- Sucking on hands
- Crying – this is a late sign of hunger. The above signs are usually seen first

**If feeding expressed breastmilk:**

- Wash bottles and nipples after each use in hot soapy water. Rinse well.
- Allow bottle and nipples to air dry upside down on a clean cloth or towel on the counter

**Signs of fullness include:**

- Sucking action slows down
- Letting go of the bottle nipple or losing interest
- No longer rooting or looking for nipple once it is removed from mouth
- Turning head away

**If feeding infant formula:**

- Wash bottles and nipples after each use in hot soapy water. Rinse well
- Place bottles and nipples in a pot so they are fully covered by water. Boil for two minutes at a rolling boil
- Allow bottle and nipples to dry upside down on a clean cloth or towel on the counter
- You can also use a commercial sanitizer - follow manufacturer's instructions

**Cleaning**

It is very important to clean bottles well after each use. Guidelines for cleaning depend upon whether expressed breast milk or formula is used.

**For more information about feeding your baby or growing child, speak with a public health nurse at Health Connection by calling 1-800-361-5653 or via live chat at [york.ca/NurseChat](http://york.ca/NurseChat), 8:30 a.m. to 4:30 p.m., Monday to Friday.**

**Visit [www.york.ca/feedingkids](http://www.york.ca/feedingkids) or [www.york.ca/breastfeeding](http://www.york.ca/breastfeeding) for more information anytime.**



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