

Responsive feeding: **bottle feeding**

When baby shows early feeding cues – offer feed

If baby is upset, calm them before feed



Prepare bottle

- Check manufacturers instructions on how to prepare formula
- Warm bottle
- Check temperature of milk/formula
- Check flow rate, feed should drip steadily from teat when held upside down



Feed baby

- Sit comfortably while feeding baby
- Hold baby close to you in a slightly upright position
- Make eye contact and talk gently to them
- Keep bottle at an angle during feed
- Follow your baby's lead



Feed finished?

- If baby wants to end feed before finishing the bottle, try:
- Burping (in upright position)
 - Gently comfort if distressed
 - Change position of baby
 - May need a short break (10 min) before trying again



Finish feed

If baby continues to refuse, end the feed



Early feeding cues

- Sucking lips, tongue or fist
- Turning head from side to side
- Fussing, crying, becoming restless
- Reaching for bottle

Feed time

A feed should take no longer than an hour, but 20-30 minutes is typical for most babies

Causes and signs of fussing or refusal

- Tired
- Flow too fast/too slow
- Not hungry
- Crying
- Needs to burp
- Pushing bottle away
- Body tense
- Finished feed



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