



## 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.

### MYTH BUSTERS



It is true that babies feed and suckle for comfort as well as for nourishment, this applies to both breast and bottle fed babies.



Responsively feeding and nurturing your baby won't result in it being "spoiled"



It is true that babies recognise and are soothed by your voice from long before they are born.



Closeness, comfort and love can help baby's brain develop.



It is true that responsively feeding your baby aids brain development and lowers stress hormones.



Babies cry for a reason - their lungs do not need the exercise, they cannot blackmail or manipulate in their first 18 months of life

## BOTTLE FEEDING TOP TIPS



Offer feeds when baby shows early signals of being hungry

If baby is upset, try to soothe them before you offer a feed. Skin to 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 to them gently



Gently rub the teat above baby's top lip to encourage the mouth to open and the tongue to poke out

Place the teat into front of baby's mouth allowing your baby 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 wind

Never force baby to take a whole feed as your baby will know when they have had enough

Discard any left over milk