

# Bottle feeding



The **World Health Organization (WHO)** recommends that infants are exclusively breastfed for the **first six months** of life.



**Transition** from breastfeeding to bottle feeding should be a **gradual process**, which will require **patience and respecting the baby's rhythm**. It is recommended to start by replacing just a single dose per day and progressively increase it.



## HOW TO PREPARE A BOTTLE FEEDING?



**Clean the surface** on which you will prepare the feed



**Wash your hands**



**Boil some safe water**



**Pour** the exact amount of **water** (must be > 70 °C)



**Add** the amount of **formula** as indicated in the formula package



**Mix thoroughly by gently shaking or swirling**



**Cool** the bottle until **lukewarm** temperature



**Check the temperature** by dripping **on the side of your wrist**



**Feed** your baby



**Do not re-warm the feed**, discard any formula that has not been consumed within **1 hour**.

## SOME TIPS FOR BOTTLE FEEDING

- ✓ **Recognize** when your baby shows **hunger signs** (moving head and mouth around, sucking on fingers and crying).
- ✓ Hold your baby in a **semi-upright position**.
- ✓ Invite your baby to open their mouth and **insert the teat**.
- ✓ Keep the **bottle in a horizontal, slightly tipped position**.
- ✓ Follow **the cues** of the **baby** if they need a **break**.
- ✓ **Do not force your baby to finish the feed!** They know how much milk they need.



## HOW TO CHOOSE THE CORRECT TEAT?

- › Teats are available in a **variety of shapes and materials**, and it is important to find the one which better adapts to get the **milk to flow** at the **right rate** for your baby.
- › For **newborn babies** a **soft teat** is usually nice, while **older babies** often prefer a **firmer teat**.
- › Sometimes it could be necessary to **try different types of teats** until the suitable one is found. Which firmness your baby likes is a matter of **trial and error**.
- › The **number and size of the holes** in the teat are important for your baby's **drinking speed**. There are teats with **multiple positions**, so you can choose whether you use a larger or smaller hole.
- › Both latex and silicone rubber teats will last about 6 weeks, but **it is important to check them regularly** for incipient cracks and replace them earlier if needed.