

Responsive feeding: **bottle feeding**

Early feeding cues

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

Pace of feeds

- Pace the feed to meet your baby's needs
- 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.

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



Feed baby

- Sit comfortably when you are feeding baby
- Hold baby close to you in a slightly upright position
- Make eye contact and talk gently to them
- 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



Feed finished

Baby will know how much is enough so never force baby to take the whole feed.
If feeding has taken over one hour, discard leftover milk.



Re-offer feed

- Rewarm bottle once
- Check milk/formula temperature



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