

bottle feeding



Bottled babies are more likely to overeat and spit up than breastfed babies.

why does this happen?

A baby may be drinking too fast or too much from the bottle. Take time to feed your baby.

Let your baby enjoy eating.

hold and cuddle

- Hold your baby in your arms in a semi-upright position. Look into your baby's eyes. He loves to look at you.
- Cuddle, talk and smile with your baby.
 - Feed your baby in a quiet, calm room.
 - Avoid bright lights and loud noises.

It may be tempting to prop a bottle while your baby is in his car seat or crib.

Don't prop a bottle

Your baby could choke or overeat. He could get ear infections or tooth decay.

let your baby start the feeding

1. Gently tickle your baby's lips with the bottle nipple.
 2. Wait until he opens his mouth wide.
 3. Let your baby pull the nipple into his mouth or gently place the nipple in his mouth.
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check the bottle nipple

Turn the bottle upside down... the milk should drip about one drop each second during your baby's first few months. Your baby may like a faster flow as he gets older.

Be sure the nipple hole is not too big or too small.

- Your baby could eat too fast and overeat if the hole is too large.
- He could suck hard and swallow too much air if the hole is too small.

A baby should be calm and relaxed while feeding. There are many different shaped nipples - find one that your baby prefers.

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a baby's appetite

Watch your baby's face for his cues - wants to drink, when he wants a break, when he wants to burp, when he is full and wants to stop. Let your baby decide how much and how long he wants to drink. Don't push your baby to drink faster. If your baby wants more after finishing a bottle, offer more.

use and burp



Your baby may want to take small sips during feeding. Watch your baby... starts to breathe faster and burp, it may be time for a break. Burping can help your baby burp and swallow less air. Give the nipple from his mouth. How often to burp? Your baby may need to burp every 2 to 3 ounces. A small baby may burp more often. An older baby may not need to burp. Burp again when your baby opens his mouth and takes the nipple.

baby spit up?

Babies spit up after eating or burping. Sometimes a baby can drink too fast, which can cause him to swallow too much air.

signs:

• The formula fills the neck of the bottle and covers the nipple.
• Your baby burps at least every 15 minutes during feedings.
• Your baby does not play with the nipple right after he eats.
• Your baby is in an upright position for 30 minutes after feedings.
• If you are concerned, ask your health care provider if you have any questions about how your baby is feeding or growing.



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Additional general nutrition information could be obtained from your health care provider. 0316