

Bottle feeding your baby



Information for parents

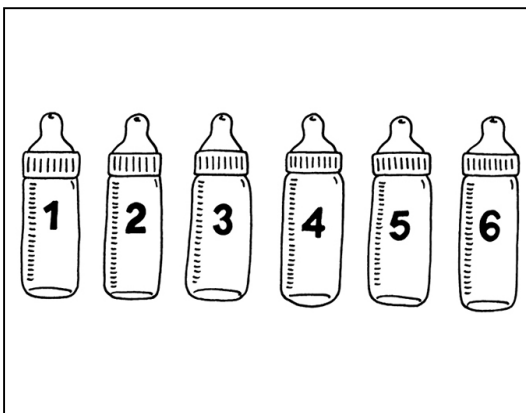
Obstetrics



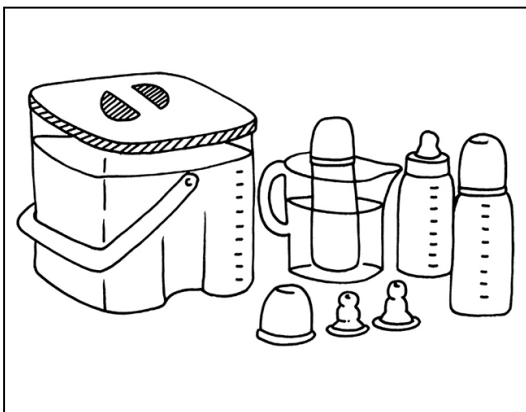
Easy Read



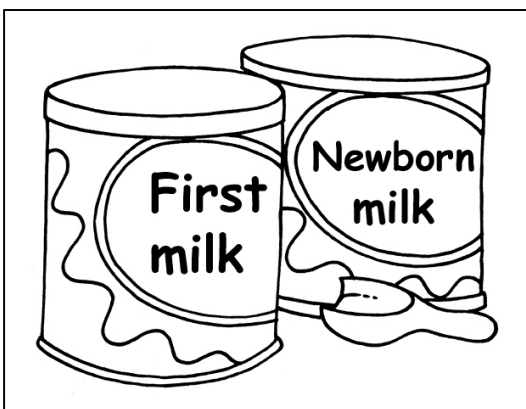
You will need to buy some equipment if you decide to bottle feed your baby.



You will need at least 6 bottles.



You will need something to sterilise your bottles.

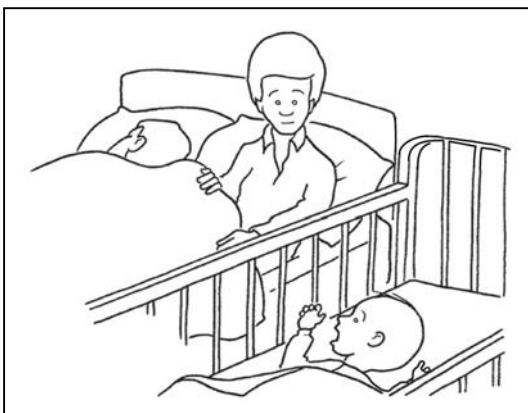


You will need some powdered baby milk.

This is called newborn formula milk or first milk.



Keep your baby close so you can see when they are hungry and ready for a feed.

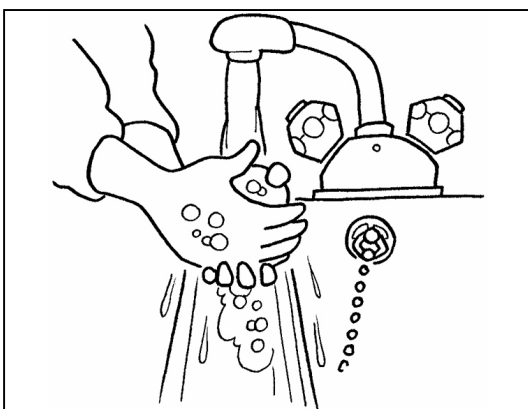


Signs that your baby is ready to feed are:

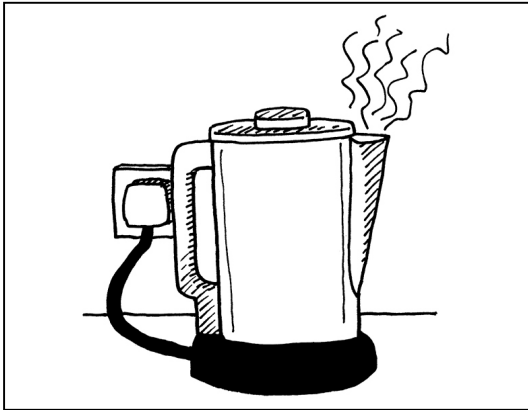
- sucking on their hands
- turning their head from side to side
- wide open mouth
- sucking on their lips or tongue



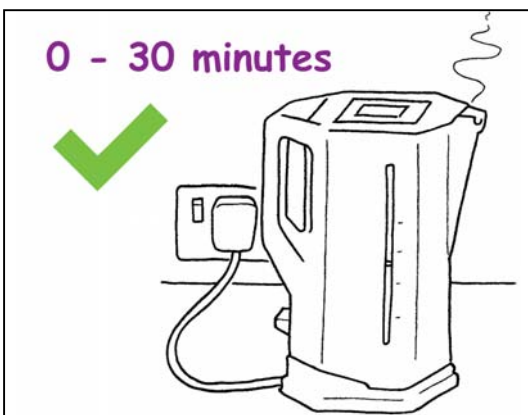
Don't wait until your baby becomes angry and starts to cry.



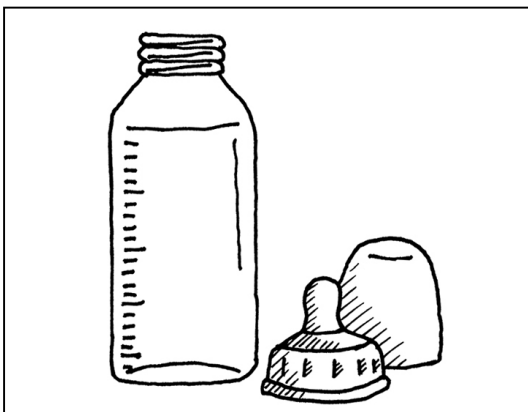
Before you begin, wash and dry your hands on a clean towel.



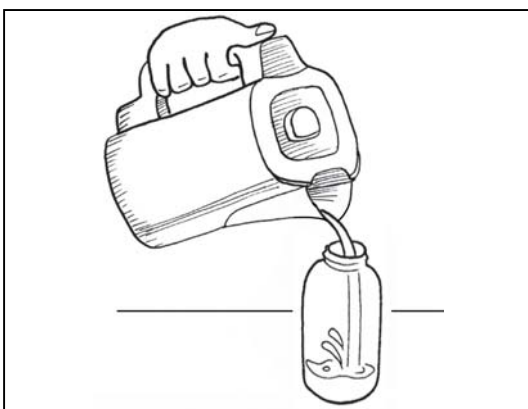
Fill the kettle with fresh water and switch it on to boil.



Let the water in the kettle cool for **no more than 30 minutes**.



You will need a clean sterilised bottle and teat ready.



Fill the bottle with the cooled water from the kettle up to the correct mark on the side of the bottle.

It will tell you which mark is correct on the tin of milk powder.



Measure the powder with the scoop that's in the tin.

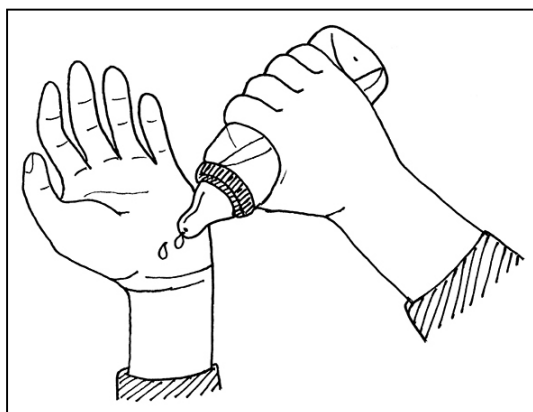
Level the powder with the top of the scoop.

Do not press the powder down.



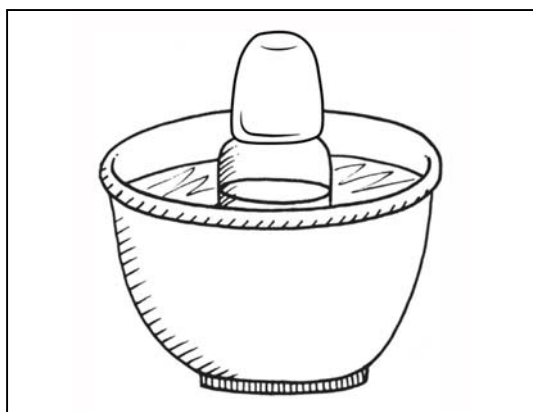
Put the milk powder into the bottle.

Screw on the cap and shake the bottle to mix the milk.

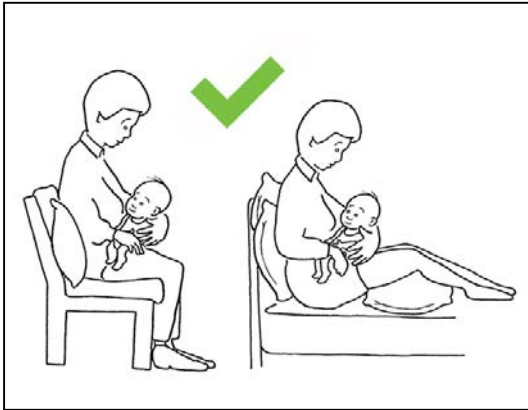


You must wait until the milk has cooled even if your baby is crying.

Test a few drops on your wrist to see if it's cool enough.



If the milk feels hot, stand the bottle in a pan of cold water until it feels cool, or cool it under cold running water.



Find a comfortable position before you begin to feed.



Offer the teat to your baby.

Let them take it into their mouth without pushing it in.



Do not rush your baby.

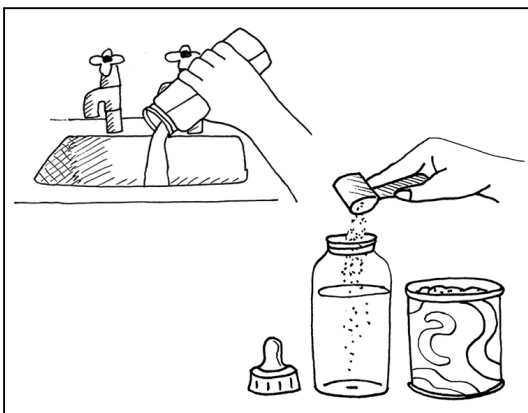
Let them take what they want so they don't become over full.



Babies sometimes swallow air as they feed.



You can help them bring up the wind.
Hold them against your shoulder and
gently rub or pat their back.



Left over milk should be thrown away.
Always make formula milk fresh each
time.



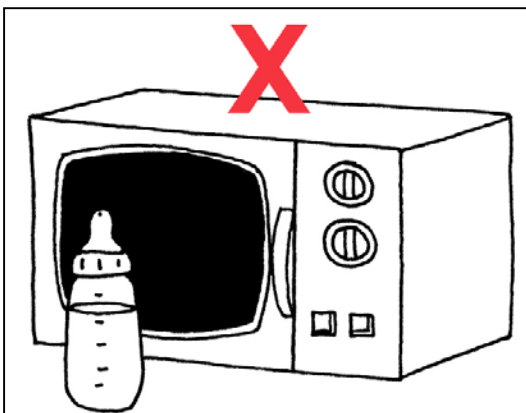
Never leave a baby with a bottle of milk
propped in their mouth.



Do not store made up formula.



Never add anything to the milk.



Do not warm milk in the microwave.

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