

Bottle Feeding



How to Bottle Feed an Infant:

1. Hold the infant in your lap. The infant's head should be higher than the rest of the body and should line up with the body. Put a bib on the infant and have a burp cloth within reach.
2. Feed the infant, holding the bottle at a 45-degree angle to prevent bubbles from getting into the bottle. Watch that air does not get into the nipple.
3. Talk to the infant and smile as you feed him or her.
4. When the infant has had about one-third of the bottle, stop to burp him or her.
5. After the infant has burped, resume feeding. Then burp again when he or she is finished.

When holding an infant for bottle feeding, it is important to try to simulate breastfeeding. Hold the infant close and cuddle him or her. Infants feel more secure when being held closely. This helps reinforce the caregiver bond. Also, it may be helpful to hold the infant as upright as possible, to help the infant avoid inhaling too much air. An upright position also helps keep formula out of the back of the infant's throat and eustachian tubes, which helps prevent ear infections. Angled bottles help with this feeding position.