

*If you have any questions, ask your nurse or lactation consultant.*

## Bottle Feeding Your Baby

Feeding is a special time for bonding with your baby. You can use a bottle to feed your baby breast milk or infant formula. This handout will help you learn about bottle feeding your baby.

### Getting started

Feed your baby when you see hunger cues. This can be different for every baby. Some common hunger cues, include:

- Baby puts their hand to their mouth
- Baby turns head towards breast or bottle
- Baby smacks or puckers their lips or makes sucking noises

### How to feed your baby with a bottle

- Hold them in a semi-upright position so that their head is higher than their chest.
- Look into their eyes, talk or sing quietly, and smile.
- Hold the bottle horizontally with the nipple full of milk. Stroke your baby's lips with the nipple. When their mouth opens wide, put the nipple in their mouth.
- Always hold the bottle in place. Propping a bottle can cause choking, tooth decay and ear infections.
- Lower the bottle every so often and when they gag, cry, or seem stressed. This will allow your baby to take a break. This is known as paced feeding.
- Switch your arm holding your baby halfway through the feeding. Change sides with each feeding.
- In the 1st few weeks, burp your baby after each ounce they drink.
- If your baby loses interest in sucking or turns away from the bottle, this means they are full.

### How to clean bottles and nipples

Wash new bottle supplies (bottles, nipples, rings, caps, and valves or inserts) in soapy water before you use them. You should also wash your bottle supplies after each use.

Check your bottle supply manufacturer's instructions for cleaning and sanitizing the product.

### ***How to wash bottle supplies***

1. Separate all the bottle parts.
2. Soak the used bottle supplies in soapy water in a clean basin that is only for cleaning infant feeding items.
3. Then wash the supplies in hot, soapy water by hand (do not use a dishwasher).
4. Use a clean nipple or bottle brush to clean hard to reach areas.
5. Dry the supplies on a clean drying rack or let them air dry on paper towels.
6. Wash your hands with soap and water before removing and storing cleaned items.

### ***How to sanitize bottle supplies***

Sanitize the clean bottle supplies once each day.

To sanitize the supplies, you can use 1 of these methods:

- Use the top rack of the dishwasher and run the sanitize cycle.
- Use microwave sterilization pouches.
- Put the supplies in boiling water for 5 to 10 minutes. (It is OK to use well water.)

## Amounts to feed your baby

Follow the guidelines your baby’s pediatrician gives you the amount of breastmilk or formula your baby should eat. This chart has general guidelines. The term “on-demand” means you feed the baby whenever they are hungry.

Baby’s Age	Number of Feedings in 24 Hours	Amount at Each Feeding	Total Feeding Amount per Day (ounces)
Day 1	Feed on-demand	5 to 10 milliliters (mL)	No limit
Day 2	Feed on-demand (no longer than 4 hours between feedings)	5 to 15 mL	No limit
Day 3	Feed on-demand (no longer than 4 hours between feedings)	15 to 30 mL	No limit
Day 4	Feed on-demand (no longer than 4 hours between feedings)	30 to 60 mL (1 to 2 ounces)	No limit
Day 5 to 3 weeks	6 to 8 feedings	60 to 90 mL (2 to 3 ounces)	Baby weight (pounds) x 2.5 = ounces per day* <i>(For example, a 6-pound baby would need to eat 15 ounces a day; 6 x 2.5 = 15)</i>
By end of the 1st month	6 to 8 feedings	120 mL (2 to 4 ounces)	Baby weight (pounds) x 2.5 = ounces per day*
By 6 months	4 to 5 feedings	180 to 240 mL (6 to 8 ounces)	Baby weight (pounds) x 2.5 = ounces per day*

**\*Check with your baby’s pediatrician if your baby is eating more than 32 ounces in 24 hours.**