Stanislaus County Office of Education
Child/Family Services
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Resource & Referral Handout

Bottle-feeding

Bottle-feeding is an opportunity for baby and caregiver to be intimate and get better acquainted. In group care this can be a challenge. While feeding an infant, the caregiver must also be available to toddlers who are busily involved in playing and who need an occasional visual or verbal check-in. The sight of a bottle may make older babies crawl and cling to the provider. A group bottle time - with the youngest infant being held and the others resting in semi-upright positions within sight and reach of the caregiver - can be very cozy.

CAUTION!

Microwave ovens can create hot spots, which can scald a baby, and can destroy nutrients in breast milk.

Baby Bottles

Use plastic (not glass) bottles, labeled with baby's name.
Fill **only** with formula, breast milk, milk or water.
Do not fill with juice, sweetened drinks, soda, etc.
Do not add cereal (unless a doctor prescribes this)
Empty and clean well in between each feeding.

Breast milk

Receive in clean bottles or storage bags in feeding-size portions.
Label with baby's name and date/time milk was expressed.
Store in the refrigerator (if using within 48 hours or in freezer).
Warm gently in a pan of hot (not boiling) water.
Shake gently to mix as it tends to separate in storage.
Toss out at the end of a feeding. Do not reuse.

Formula preparation

Follow directions on container (unless otherwise prescribed by a doctor).
Note that some liquid formula is ready to use and some is concentrated and requires mixing with water.
Mix concentrated or powdered formula with water. Do not use hot tap water if there is any chance of lead in your pipes.
Warm without overheating. A crock-pot can warm multiple bottles.

Note: Some babies have an intolerance for milk-based formulas and may need to switch to a soy-based formula. Watch the baby for discomfort and diarrhea and suggest that the parents discuss these symptoms with their pediatrician.

Feeding

Hold babies for their bottle feedings, **at least** until 6 months of age.
Use a pillow or armrest so that your arm and shoulder are supported and relaxed.
Hold the baby in a semi upright position so that swallowing is easy.
Position the bottle so that air does not get sucked in.
Burp the baby after several ounces or when needed.
Watch as infants learn to coordinate sucking, swallowing and breathing.
Allow infants to pause, look around and return to sucking in their own time.
Relate warmly and responsively to the infant's need to feed or to finish.
Keep a log and communicate with parents daily about baby's intake.