



Ensure that bottle feeding is sanitary. See Chapter 3, Feeding the Breastfed Baby, on the storage, handling, and feeding of breastmilk, and Chapter 4, Feeding Infant Formula, on the purchasing, storage, sanitary preparation, and handling of infant formula. Basic principles on feeding a baby using a bottle follow below and in Figure 5, page 38.

Preparing for Feeding

These steps are recommended when preparing for feeding:

- Wash your hands well with soap and warm water before feeding (see page 71 on hand washing).
- Gently and slowly calm and position the baby to get ready for feeding.
- Feed in a smooth and continuous fashion following the baby's lead on when to feed, how long to feed, and how much to feed. Avoid disrupting the feeding with unnecessary burping, wiping, juggling, and arranging.
- Make sure that if you hold the bottle upside down, falling drops from the nipple hole follow each other closely but do not make a stream (a stream means the nipple hole is too big). Also, adjust the nipple ring so that some air can get into the bottle to avoid a collapsing nipple.

Signs of Hunger

Feed a baby when he or she seems to be hungry, unless the parent provides written instructions indicating that the baby should be on a feeding schedule for medical reasons. A baby who is hungry may:

- wake and toss,
- suck on a fist,
- cry or fuss, or
- look like he or she is going to cry.

Respond to the early signs of hunger. Do not wait until the baby is upset and crying hard from hunger.

Signs of Fullness

Continue to feed a baby until he or she indicates fullness. Signs of fullness include:

- Sealing the lips together,
- A decrease in sucking,
- Spitting out the nipple,

- Turning away from the bottle, or
- Pushing the bottle away.

Some babies may eat less than the portions offered if they are not hungry. Never force a baby to finish what is in the bottle. Babies are the best judge of how much they need. Babies may want to eat less if they are not feeling well and more if they are going through a growth spurt.

How to Feed With a Bottle

When feeding a bottle, remember to:

- Hold the baby during feedings in the cradle of your arm, partially upright. This makes baby feel secure, helps you to read baby's cues, and helps to prevent the baby from choking during feeding. When the baby's head is a little higher than the rest of the body this prevents milk from backing up in the inner ear and causing an ear infection. Tip the bottle so that milk fills the nipple and air does not get in.
- Hold the bottle during feeding. Do not prop bottles for a baby. Propping means a young baby is given a bottle to drink by itself and the bottle is propped up (with a pillow, for example) so that it can flow into the baby's mouth. Propping a bottle can:
 - cause choking and suffocation,
 - possibly cause ear infections and baby bottle tooth decay, and
 - deprive the baby of important cuddling and human contact.

Older babies may be fed a bottle while sitting up in a high chair. Always hold babies who cannot sit while bottle feeding.

Do not allow a baby to carry a bottle around. Babies who carry around a bottle can develop tooth decay, may drink too much liquid, and may share their bottles with other babies. The liquid in a bottle carried around for a long time can spoil. Carrying of glass bottles can be dangerous if the baby drops the bottle and it breaks.

Feed While Awake, Not Napping or Sleeping

Feed a baby while he or she is awake. Do not offer the bottle in bed at nap or sleep time. Allowing a baby to sleep



in a crib with a bottle can lead to choking, ear infections, tooth decay or other dental problems, and problems with speech later on.

Burping

Wait for the baby to stop drinking before burping. Burp by gently patting or rubbing the baby's back while the baby is resting on your shoulder or sitting on your lap. Do not be surprised if the baby brings up some milk along with the swallowed air or if the baby does not burp.


Drinking From a Cup

- You can start by offering breastmilk or infant formula from a cup when a baby reaches about 8 months of age. Babies usually consume less breastmilk or formula as their eating of solid foods and drinking from a cup increases.
- It is recommended to wean the baby off the bottle and onto a cup by about 12 to 14 months of age. See page 61 on weaning and on tips on drinking from a cup.

Sleeping or Resting Position Before or After Feeding

Ask the parents if the baby's doctor recommends that the baby be placed in a certain position after feeding. Doctors usually recommend placing babies on their backs to rest or sleep, unless there is some medical reason not to. Doctors and nurses believe that fewer babies will die of Sudden Infant Death Syndrome (SIDS) if most babies sleep on their back. However, especially if a baby was born with a birth defect, often spits up after eating, or has a breathing, lung, or heart problem, it is very important for the parent to check with the doctor about the best sleeping position.





The Back to Sleep Campaign recommends these tips that parents and caregivers can take to help lower the risk of SIDS:

- **Place a baby on his or her back to sleep, at nighttime and naptime.**

This is the best way to reduce the risk of SIDS.

- **Place a baby on a firm mattress, such as in a safety-approved crib.**

Don't put babies to sleep on soft mattresses, sofas, sofa cushions, waterbeds, sheepskins, or other soft surfaces.

- **Remove all fluffy and loose bedding from the sleep area.**

Make sure you take all pillows, quilts, stuffed toys, and other soft items out of the crib.

- **Make sure the baby's face and head stay uncovered during sleep.**

Keep the baby's mouth and nose clear of blankets and other coverings during sleep. Use sleep clothing with no other covering over the baby. If you do use a blanket or another covering, make sure the baby is "feet-to-foot" in the crib. Feet-to-foot means that the baby's feet are at the bottom of the crib, the blanket is no higher than the baby's chest, and the blanket is tucked in around the crib mattress.

- **Don't smoke before or after the birth of the baby.**

Create a smoke-free zone around the baby. Make sure no one smokes around the baby.

- **Don't let the baby overheat during sleep.**

Keep the baby warm during sleep, but not too warm. The baby's room should be at a temperature that is comfortable for an adult. Too many layers of clothing or blankets can overheat a baby.

The Back to Sleep Campaign is sponsored by the National Institute of Child Health and Human Development, the Maternal and Child Health Bureau, the American Academy of Pediatrics, the SIDS Alliance, and the Association of SIDS and Infant Mortality Programs. For more information about the Back to Sleep campaign, call toll-free 1-800-505-2742. Or write to: Back to Sleep/NICHHD, 31 Center Drive, Room 2A32, Bethesda, MD, 20892-2425. The website is <http://www.nichd.nih.gov/sids>.

The U.S. Consumer Product Safety Commission (CPSC), an independent Federal agency, recommends that parents and caregivers take these precautions to prevent deaths or injuries to children in playpens:

- Before using a playpen, make sure it has not been recalled. Contact CPSC at 1-800-638-2772 or check the recalls section of CPSC's web site.
- Always put a baby down to sleep on his or her back in a playpen or crib with no soft bedding, such as quilts, comforters and pillows. This can help reduce the risk of SIDS and prevent suffocation.
- Use only the mattress provided by the manufacturer. Do not add additional mattresses in playpens. Children can suffocate in the spaces formed between mattresses or from ill-fitting mattresses.
- Check that the playpen is in good shape. Using a modified or improperly repaired unit can create hazards.
- Make sure the top rails of the units lock into place automatically. More than 1 million older playpens with top rails that had to be manually rotated into a locked position have been recalled.
- Do not use playpens with catch points, such as protruding hardware. More than 9 million older units with protruding hardware have been recalled.
- If using a mesh-sided playpen, make sure the mesh is less than 1/4 inch in size and that it is attached securely. This will help prevent strangulation.

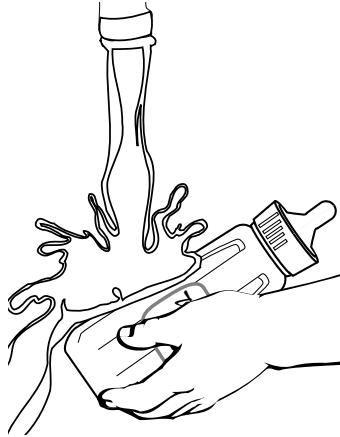
For more information on playpen safety, visit the publications section (Children's Furniture) of CPSC's web site, <http://www.cpsc.gov>, or call (800) 638-2772. You can get free copies of CPSC's brochures and posters in English and Spanish, related to their "Sleep Safe/Play Safe" campaign, through the website or by writing to CPSC, Washington, DC 20207.

Figure 5

Tips on Feeding with a Bottle

Preparing and Storing Bottles:

- Ensure that bottlefeeding is clean and sanitary.
- Do not allow bottles of breastmilk or formula to stand at room temperature to prevent spoilage. Refrigerate prepared bottles until ready to use.
- For those babies who prefer a warm bottle, hold the bottle under running warm (not hot) water immediately before feeding.
- Shake a bottle of breastmilk before feeding because breastmilk separates when it is stored.
- **Never use a microwave oven to heat the bottles** because they may explode or the milk may get too hot. Since the liquid heats unevenly, it can be much hotter than it feels. Microwave heating can destroy special substances in breastmilk.
- Do not put cereal or other food in a bottle since this forces the baby to eat food this way.
- Throw out unused breastmilk or formula left in a bottle and wash the bottle with soap and hot water immediately. Clean and sterilize bottles before reusing them.



Feeding the Baby:

- Feed when the baby indicates hunger. Respond to the early signs of hunger. Do not wait until the baby is upset or crying from hunger.
- Gently and slowly calm and position the baby to get ready for feeding.
- Feed in a smooth and continuous fashion following the baby's lead on when to feed, how long to feed and how much to feed. Avoid disrupting the feeding with unnecessary burping, wiping, juggling and arranging.
- Always hold the baby during feedings. Tip the bottle so that milk fills the nipple and air does not get in. Propping a bottle can cause ear infections and choking, and it deprives the baby of important cuddling and human contact.
- Hold the baby's head a little higher than the rest of the body to prevent milk from backing up in the ear and causing an ear infection.
- Do not offer the bottle at nap time or let a baby carry a bottle around. Allowing a baby to go to sleep with a bottle may lead to tooth decay.
- Wait for the baby to stop eating before burping. Burp by gently patting or rubbing the baby's back while the baby is resting on your shoulder or sitting on your lap.
- Continue to feed until the baby indicates he or she is full. Signs of fullness include sealing the lips, decrease in sucking, spitting out the nipple, and turning from bottle or pushing bottle away.
- Never force a baby to finish what is in the bottle. Babies are the best judge of how much they need.
- Older babies may be fed a bottle while sitting up in a high chair.

