8 NEWBORN FEEDING

8.5 GUIDELINES FOR A FORMULA FED BABY

8.5.2 FEEDING TECHNIQUE

AIM
To provide information on the correct procedure to be followed when giving a baby a formula feed.

PROCEDURE
1. Hold the baby in a semi upright position.
2. Support the baby’s back so the baby’s head can extend into a natural drinking position.
3. Use a slow-flow round teat.
4. Stroke the bottle teat gently from the baby’s chin up to the lower lip to encourage him/her to make a wide-open mouth. When the baby has a wide-open mouth place the entire teat into his/her mouth. Important: Avoid pushing the teat into a baby’s mouth that is not open.
5. Hold the bottle horizontally so there is just enough milk in the teat. This will ensure no air is in the tip of the teat. This will encourage the baby to suck on the teat without gulping or using their tongue to slow the flow.
6. Withdraw the teat slightly every few minutes to allow the baby to take a pause
7. As the amount of milk in the bottle decreases, gradually lean the baby backward.
8. Give half of the required feed.
9. Sit the baby upright and gently allow to ‘burp’.
10. Continue with the remainder of the feed
11. Never leave a baby unattended with a bottle.