

NEWBORN FEEDING

GUIDELINES FOR A FORMULA FED BABY

FEEDING TECHNIQUE

AIM

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

PROCEDURE

1. Ensure formula prepared as per clinical guideline [Formula Feed: Preparation](#) and Formula Feeding pamphlet 0277.
2. Wash and dry hands thoroughly.
3. Check the milk temperature before feeding. You can test the temperature by putting a few drops of formula on the inside of your wrist. It should feel warm not hot.¹
4. Hold the baby in a semi upright position, partly facing mother.
5. Support the baby's back so the baby's head can extend into a natural drinking position.
6. Use a slow-flow round teat.
7. Rest the teat on the ridge between the nose and top lip (philtrum) 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.
8. 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.
9. Withdraw the teat slightly every few minutes to allow the baby to take a pause
10. As the amount of milk in the bottle decreases, gradually lean the baby backward.
11. Give half of the required feed.
12. Sit the baby upright and gently allow to 'burp'.
13. Continue with the remainder of the feed.



14. The feed should take around 20-30 minutes. If a feed takes less time, the flow of milk may be too fast. If the feed takes more than 45 minutes the flow may be too slow. You may need to use a slower or faster flow teat.
15. Watch the baby's cues to know when baby has finished the feed rather than encouraging them to finish the bottle.
16. **Never** leave a baby unattended with a bottle.

REFERENCES (STANDARDS)	
Eat for Health Infant Feeding Guidelines, information for health workers. NHMRC 2012	
National Standards – 1Clinical care is guided by current best practice Legislation – Nil	
Related Policies / Guidelines – KEMH Newborn Feeding Other related documents –	
RESPONSIBILITY	
Policy Sponsor	Nursing and Midwifery Director OGCCU
Initial Endorsement	November 2001
Last Reviewed	February 2016
Last Amended	
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