

FOR BABY'S CAREGIVER

Feeding mom's milk from a bottle and supporting the breastfeeding family.



Make It Easy to Breastfeed

Encourage mother to nurse just before leaving baby and as soon as she returns. Offer comfy seating in a private area. If baby is hungry and mother is due soon, feed just a little milk until mom can breastfeed.

Give Small Feeds Often

Most breastfed babies take smaller feeds more often than babies on formula. After one month, expect about 3 to 4 ounces (90 to 120 mL) of milk per feed.



Follow Baby's Lead – Not the Clock

It's time to feed when baby's head turns with an open mouth or puts hand to mouth. Many breastfed babies feed more often during some times of day and less often at other times.

Take Care Not to Overfeed

Too much milk makes baby less hungry when mother is home. This may cause fewer feeds at the breast and lower mom's milk supply.

Store and Handle Milk with Care

Warm milk gently. Hold bottle under warm running water or set in a bowl of hot water. Never use a microwave. Tell mother if baby takes less milk than the mom leaves. Follow any guidelines mom gives you.



Pace Bottle Feeds

When you feed slowly, baby feels full with less milk. Expect bottle-feeding to take about 15 to 30 minutes. At all ages, use a slow-flow nipple. Follow these steps.

- Support baby upright as pictured.
- Tap baby's lips with the bottle nipple until baby opens wide. Insert nipple far enough so baby's lips close on its base.
- During feeds, hold the bottle nearly horizontal.
- Tip down bottle's end after every few sucks for breathing breaks.
- Stop feeding when baby stops, and burp baby.

