



Bottle Feeding Guide

When to start. Bottle Types. How to start.

There are a lot of bottles and confusing marketing out there. Let's focus on being in tune to what babies need when they feed before leaning on marketing lingo.



Disclaimer: the following information is meant to serve as a guide and does not replace advice from your medical provider. The following is evidence based information from a skilled Birth and Lactation professional. Kristen Bindel is a Certified Birth Doula, Postpartum Doula, and Lactation Counselor

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QUESTION: When can I give my baby a bottle?

ANSWER: It is ultimately up to you. But let's consider a few key things that might help you make the best decisions for you and your baby.

1. How is breastfeeding going? Do you feel like feedings are establishing well?
2. Sweet spot. Around 3-5 weeks postpartum. This is a great time to start a bottle, and some pumping for a stash.
3. During that sweet spot babies are likely not so old that they're only focused on feeding at the breast but not too early to imprint on the bottle/cause issues at the breast.
4. You can use this guide to best establish a "best-of-both-worlds" system for you and your family.

QUESTION: How should we start pumping and bottle feeding?

ANSWER:

Pump in the morning, **AFTER** the first breastfeeding session. Most people make the

- most milk or feel the fullest in the morning.
Start with a 10 minute pumping session.
- Keep in mind, if baby is getting a bottle during a regularly scheduled feeding time, to
- pump. This keeps telling your breasts that baby still needs that milk, and to not stop making it.
Keep practicing! Continue to offer a bottle 2-4 times per week.
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QUESTION: How much milk should I offer?

ANSWER: Every baby has different needs, but a good rule to follow is an ounce for each month that goes by. So before they're a month old we're using about 1oz, sometimes a little more. but by 1 month, they'll likely be at 2oz. At 2 months, 3oz, 3 months, 4oz, etc. Expect most breastfed babies to max out around 5-6oz (around the time of introducing solids).

QUESTION: There are so many bottles? What kind should I get? What should I look for?

ANSWER:

- Often times bottles marketed as being “breast like” are most problematic for latching. If it looks like a boob, it’s probably NOT like breastfeeding at all. Remember you want the best of both worlds, protect the oral motor function so they can breastfeed and bottle feed.
- A bottle nipple that has a gradual slope will allow for optimal function. Nipples that are straight down, bulbous at the top, curve in like a waist, etc promote shallow latches, which could result in longer/harder feeds, excess gas, and the potential for going back to the breast with a shallow latch.



**GRADUAL slope on
the nipple.**



Bottles pictured here:

Nuk

GentleFlow+

Lansinoh

Spectra (comes with the pump)

EvenFlow Balance Wide Neck

Dr. Brown's (narrow)

Pigeon

www.bamboo-birth.com



**STRAIGHT slope on the
nipple.**



QUESTION: How can I ensure my baby will take a bottle AND feed at the breast/chest?

ANSWER: A few things you can do to support your baby going between the bottle and the breast.

- Choose the slowest flow nipple for the bottle.
- Check the bottle's vent systems upon opening, make sure they're not closed.
- Try different bottle feeding positions. Most of the time when we see a baby taking a bottle they're laying in the crook of an arm with the bottle upright. This pours the contents into the baby's mouth rather than the baby responsively feeding (like they do at the breast!).

PACED FEEDING & RESPONSIVE FEEDING

Paced feeding is way of giving your baby more control over feeds.

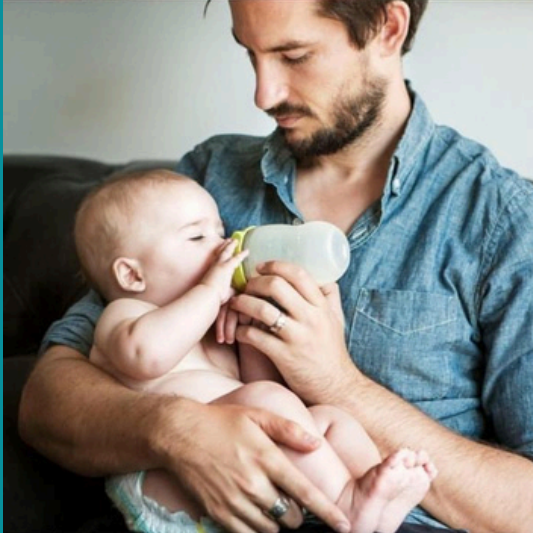
Babies usually take small amounts of milk and stop for a rest, and then take more. You can help them to "pace" their feeds so that it mimics the way they would breastfeed.

To do this:

- Start by touching the nipple of the bottle on your baby's top lip or nose, inviting your baby to open their mouth.
- Keep the bottle almost horizontal – just very slightly tipped to prevent the milk flowing too fast, just enough to fill the nipple.
- Watch your baby for signs that they are finished or need a break, as this gives them time to feel full and avoid overfeeding.

Your baby might become upset when you take the bottle away from their mouth. If this happens, try tilting the bottle down with the nipple still in their mouth – this will slow down the milk flow, but still feel comforting to your baby. Never force your baby to finish a feed

Bottle Feeding Positions



 [VIDEO: Sidelying bottle feeding:](#)



 [WEBSITE: Elevated Side Lying Bottle Feeding](#)



 [VIDEO : Paced Feed](#)



 [Lactationhub.com](#)



A great place to get bottles and lactation supplies

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