Important points for formula feeding your baby

- Hold your baby close.
- Calm your baby by talking gently to them.
- Hold your baby semi-reclined rather than totally flat.
- Encourage your baby to root by using a clean finger or by moving the teat against her top lip.
- When baby opens her mouth, gently place the teat in – NEVER force it in.
- Tip the bottle so that the teat fills with milk.
- Pace the feed by removing the teat when the baby’s sucking slows to give a natural gap in the feed.
- Remember a teat is a strong stimulus and when in a baby’s mouth she will be forced to suck as this is a reflexive action.
- Whoever is giving the baby her feed needs to watch her signals so as not to overfeed.
- Don’t ever force your baby to take the whole feed – follow her appetite and accept when she pushes the teat out with her tongue.
- It is important to limit the number of people who feed your baby as they all use different techniques and this can be stressful for your baby.
- After the feed gently sit her up or place her over your shoulder so that she can burp.
- She may posit when burping so it’s always a good idea to have a wee cloth or muslin on your shoulder or over your knee.

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