



RankenJordan
PEDIATRIC BRIDGE HOSPITAL

Bottle Feeding

Your baby's feeding information:

- Your baby should have a bottle every _____ hours.
- Your baby's formula is _____
- The amount of formula you should give your baby at every feed is _____.
- Increase the amount of formula as directed by your baby's doctor for growth or increased hunger cues.

Positioning

- Holding your baby in a good position for eating is important so he or she can eat and breathe without having problems.
- Cradle your baby in your arms so he or she is reclined. His or her head should be higher than their hips.
- Your baby's hips should be relaxed with their legs bent.
- Your baby's head should be tilted slightly forward, but their chin should not touch their chest.
- Hold the bottle so the neck of the bottle and the nipple stay full of milk. This helps decrease how much air your baby swallows.

Safety

- Do not give your baby a bottle while he or she is lying in their crib.
- Do not prop your baby's bottle. This can increase your baby's risk of choking, ear infections, and tooth decay.
- Do not leave your baby alone while bottle feeding.

Burping

- Burp your baby 2-3 times during a feed to help him or her get rid of air swallowed while eating.
- Hold your baby in a sitting position on your lap. Support the baby's chin and chest with one hand while you gently pat their back with the other hand until they burp.
- Or hold you baby against your chest and pat their back until they burp up air.
- Keep your baby upright for 30 minutes after eating to reduce spitting up.

When to call a doctor:

- Your baby does not seem to be growing and gaining weight.
- Your baby is vomiting a lot (more than just spitting up).
- Your baby has diarrhea or a skin rash.
- Your baby has trouble pooping, or his or her poop is hard and dry.