

Hints for Offering a Breastfed Baby a Bottle

- Offer a feeding before baby is likely to be hungry, before the usual feeding time. Baby is likely to be happier about trying something new.
- Hold baby lovingly while giving the feeding.
- Wrap baby in some of the mother's clothing that has her smell on it (blouse or nightgown) while offering the feeding.
- Encourage baby to bring the nipple into his mouth similar to when breastfeeding. Place the nipple near the mouth, tickle the lips, allow baby to draw the nipple in. Avoid just pushing a nipple into baby's mouth.
- Some babies like nipples that are warmed to body temperature. Teething babies may prefer chilled nipples.
- Try different types of nipples. Nipples are made of rubber or silicone, in different shapes, with different hole sizes. Your baby may prefer a specific type of nipple.
- Try different feeding positions. Some babies will take a bottle better in the nursing position; others like to sit propped against the care giver's raised legs (like sitting in an infant seat); still others prefer not to look at the care giver and will take a bottle better if they are held facing out, with their back against the care giver's chest.
- Feed baby while moving rhythmically; rocking, walking or swaying from side to side.
- Slip the nipple into baby's mouth while he is sleeping.
- Mother may need to be out of the room, and maybe out of the house before baby will consider taking a bottle.
- Cup feeding is an ideal way to feed a baby of any age who will not take a bottle when mom is away. Ask for the written instructions on how to cup feed an infant.
- Even babies who accept bottles when young may reject bottle feeding later.
- Keep trying to gently persuade baby to accept feedings when you need to be away. It can take a while, but most babies eventually learn to be comfortable with a bottle.

Most of the above ideas came from *The Breastfeeding Answer Book*, revised edition

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