

CHOOSING TO BOTTLE-FEED YOUR BABY

Formula feeding with a bottle is a great alternative to breastfeeding your newborn.

Bottle-feeding allows you to measure exactly how much your baby is eating.

Because the milk takes longer to digest, formula fed infants eat less frequently.

Bottle-feeding gives Dad and other family members the opportunity to feed and bond with your baby.

Formula feeding your newborn also allows you more freedom to return to normal work and eating patterns faster.

FEEDING PATTERNS

When your newborn experiences hunger he or she will usually cry until their needs are met. Some cues to recognize your baby's need to eat before crying are:

- Hand-to-mouth or hand-to-hand movements
- Sucking Motions
- Rooting
- Mouthing

Babies should be fed whenever they exhibit these signs.

Newborns need between 8-12 feedings in a 24-hour period. Your baby may need to be awakened every 3 hours during the day and at least every 4 hours during the night. Once your baby is feeding well and gaining weight appropriately, he or she can determine the time and frequency of feedings needed.

At first your baby will only drink 10 to 15 ml of formula or about half of an ounce, this amount will gradually increase during his or her first week.

By the end of the second week your baby should be drinking 90-150 ml or 3-5 ounces at each feeding.

Formula can be fed at room temperature or warmed. Never heat your baby's formula in a microwave oven. Microwaving does not heat evenly and can create pockets of hot fluid not detected when checking for milk temperature.

If you do choose to warm your baby's formula, do so by putting it in a pan of hot- not boiling- water, run it under hot tap water, or use a bottle warmer. No matter what way you choose to heat the formula, you should always check its temperature with a few drops on your wrist.

During feedings sit comfortably with your baby, holding him or her close in a semi-upright position. Feedings provide a great opportunity for you and others to bond with your baby.

The bottle should be held so that fluid fills the nipple and no air is allowed to enter.

A bottle should never be propped with a pillow and left with the infant. This can result in choking and tooth decay.