

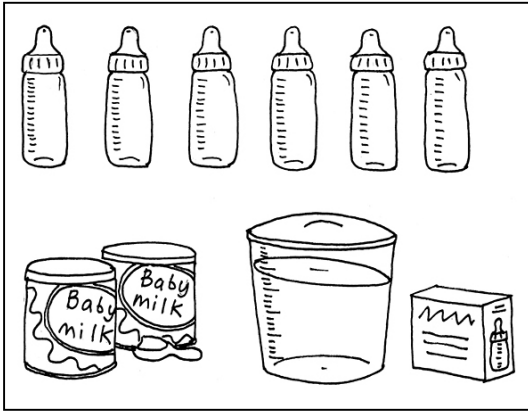
# Bottle feeding your baby



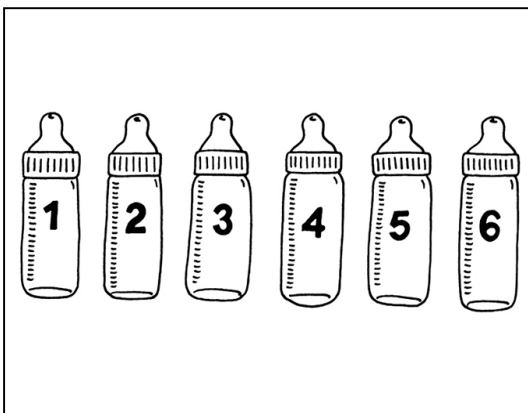
**Information for parents**  
Maternity Services



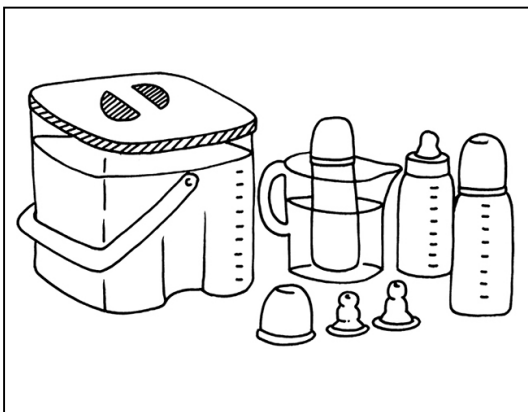
Easy Read



You will need to buy some equipment if you decide to bottle feed your baby.



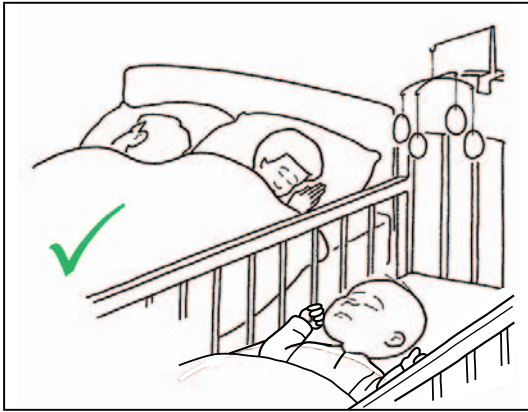
You will need at least 6 bottles.



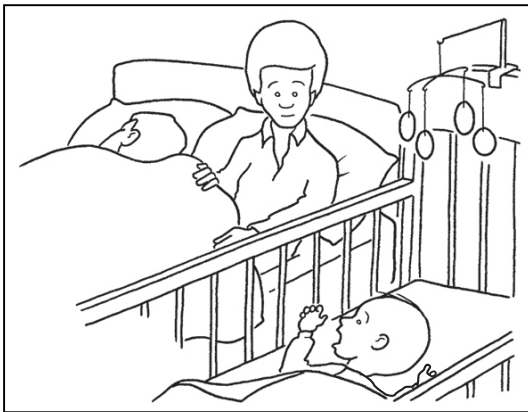
You will need something to sterilise your bottles.



You will need some powdered baby milk. This is called formula milk.



Keep your baby close so you can see when he's hungry and ready for a feed.

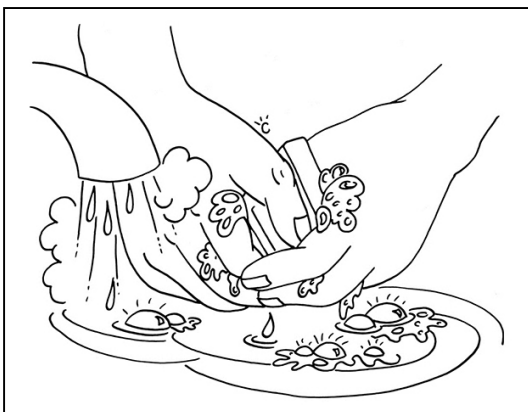


Signs that your baby is ready to feed are:

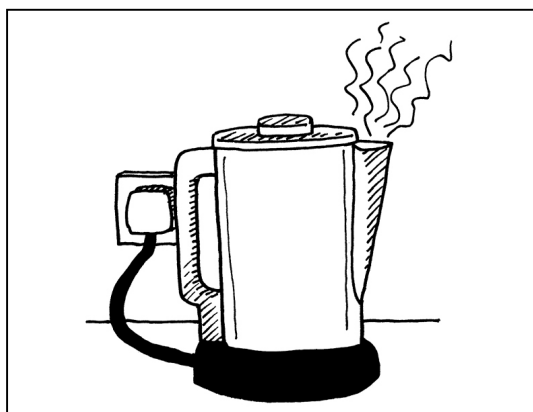
- sucking on his hands
- turning his head from side to side
- wide open mouth
- sucking on his lips or tongue



Don't wait until your baby becomes angry and starts to cry.



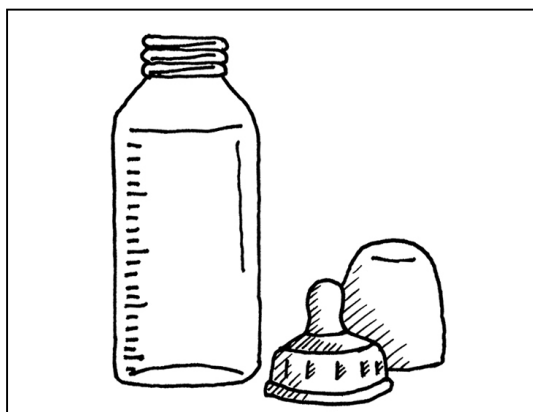
Before you begin, wash your hands.



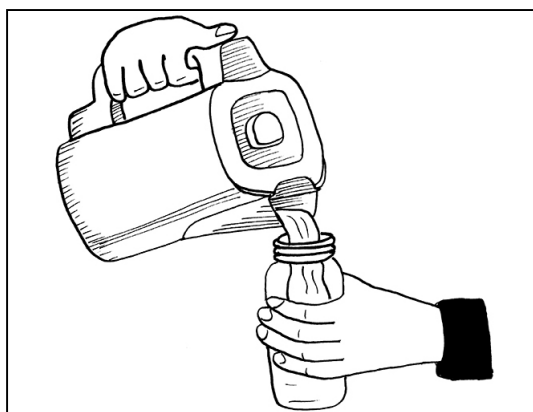
Fill the kettle with fresh water and switch it on to boil.



Let the water in the kettle cool for no more than 30 minutes.



You will need a clean sterilised bottle and teat ready.



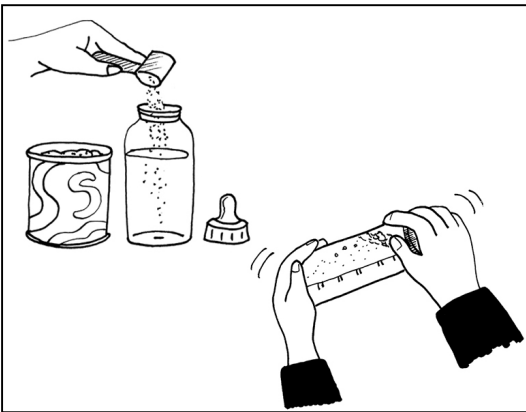
Fill the bottle with the cooled water from the kettle up to the correct mark on the side of the bottle.

It will tell you which mark is correct on the tin of milk powder.



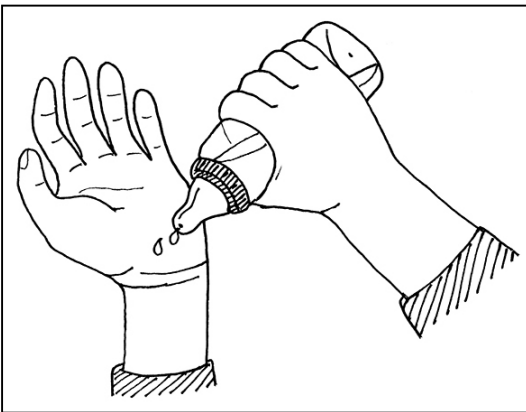
Measure the powder with the scoop that's in the tin.

Level the powder with the top of the scoop. Do not press the powder down.



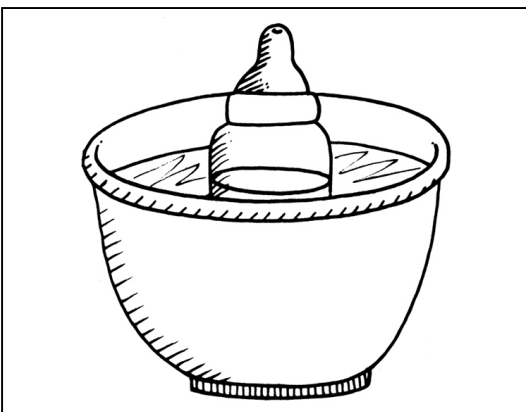
Put the milk powder into the bottle.

Screw on the cap and shake the bottle to mix the milk.

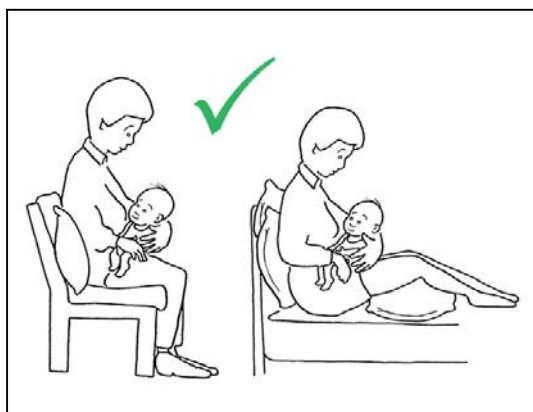


You must wait until the milk has cooled even if your baby is crying.

Test a few drops on your wrist to see if it's cool enough.



If the milk feels hot stand the bottle in a pan of cold water until it feels cool.



Find a comfortable position before you begin to feed.



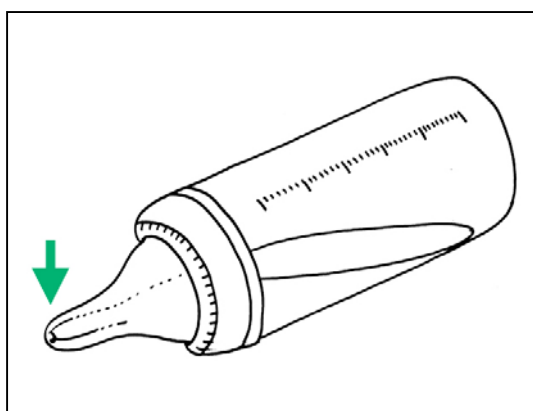
Offer the teat to your baby.

Let him take it into his mouth without pushing it in.



Do not rush your baby.

Let him take what he wants so he doesn't become over full.



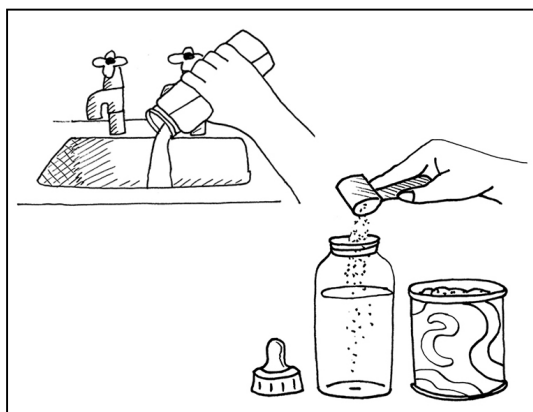
If the teat becomes flattened as the baby sucks you can gently pull it out.



Babies sometimes swallow air as they feed.



You can help him bring up the wind.  
Hold him against your shoulder and gently rub or pat his back.



Left over milk should be thrown away.  
Always make formula milk fresh each time.



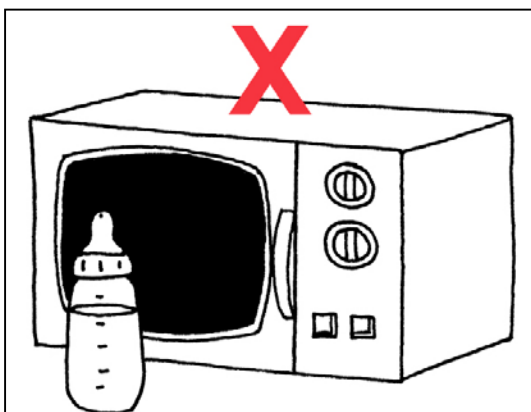
Never leave a baby with a bottle of milk propped in his mouth.



Do not store made up formula.



Never add anything to the milk.



Do not warm milk in the microwave.

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