

Breastfeeding & Your Baby

BOTTLE FEEDING



ACT
Government
Health

Parents and carers feed their baby with expressed breast milk, formula or a combination of both. If your baby is not drinking breast milk, infant formula is recommended for the first 12 months of life.

Important tips for bottle feeding

- Hold your baby – this is a time for you to give love and cuddles.
- Look into your baby's eyes – this is important for your baby's brain and social development.
- Focus on your baby – your baby needs time to feel, hear, smell and see you.
- Hold the bottle so that the teat is full of milk – this reduces the air your baby may swallow.
- Never prop the bottle or put your baby to bed with a bottle – this increases the risk of choking, ear infections and tooth decay.

Tips for storage and handling of expressed breast milk

- refer to Australian Breastfeeding Association fact sheet: "Expressing and Storing Breastmilk"

How do I know if my baby is having enough to drink?

It is normal for your baby to:

- Drink different amounts from feed to feed.
- Stop drinking, or turn their head away when they have had enough.
- Have at least 6 to 8 wet, soaked cloth nappies or 4 to 5 heavy disposable nappies in a 24 hour period.
- Have a moist mouth and tongue.
- Be settled between most feeds.
- Are alert and active and wake for feeds



Tips for making a bottle of formula

- Always wash your hands first.
- Make up each bottle as you need it.
- Boil tap water and cool, then add formula – this reduces vitamin loss to formula and the risk of burns to you and your baby.
- Use the scoop from the tin and follow the instructions on the formula container.
- Do not overfill or under fill the scoop.
- Only add formula to the water, unless medically advised.
- Shake well to mix.
- Throw away any leftover formula within an hour of feeding.



How do I sterilise bottles, teats and feeding equipment?

Feeding equipment needs to be sterilised for infants less than 12 months of age. Boiling is the preferred method. If you use electrical, steaming or chemical sterilisation, follow the manufacturer's instructions.

The Boiling Method

- **Step 1: Separate teats, cuffs and bottles then rinse in cold water prior to washing in hot, soapy water.**
- **Step 2:** Put the cleaned equipment in a saucepan.
- **Step 3:** Cover with cold tap water.
- **Step 4:** Boil for at least 5 minutes.
- **Step 5:** Cool in the pan, then take equipment out.
- **Step 6:** Shake off water and store in a clean, dry place.

Tips for heating a bottle

- **Do not use the microwave. Microwave heating can cause hot spots which can burn an infant's mouth.**
- Place the bottle in a container of heated water – heat for no more than 10 minutes.
- Test the temperature on your wrist before giving it to your baby – it should feel lukewarm.

Accessibility

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How can I find out more information

Here are 4 ways:

1. PHONE

Maternal and Child Health service by calling Community Health Intake (CHI) 6207 9977

Pregnancy Birth & Baby 1800 882 436

Australian Breastfeeding Association
1800 Mum 2 Mum or 1800 686 268

2. ATTEND

'Early Days' Group

(infants up to 3 months of age) for assessment and ongoing breastfeeding information and support.

Contact CHI for locations and times.

3. VISIT

ACT Government Health Directorate website:
www.health.act.gov.au/breastfeeding



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