

Breastfeeding and your baby



Bottle feeding

Some parents and caregivers feed their baby with expressed breast milk, formula, or a combination of both. If your baby is not being fed 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 factsheet: "Expressing and Storing Breastmilk"
<https://www.breastfeeding.asn.au/bf-info/breastfeeding-and-work/expressing-and-storing-breastmilk>

How do I know if my baby is getting enough to milk?

Your baby will appear content and satisfied after most feeds. It is normal for your baby to:

- 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
- Be alert and active and wake for feeds
- Drink different amounts from feed to feed
- Stop drinking or turn their head away when they have had enough



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 tin
- Do not over fill 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

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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.
- Step 2: Wash teats, cuffs and bottles in hot, soapy water and then rinse in clean water.
- Step 3: Put the cleaned equipment in a saucepan.
- Step 4: Cover with cold tap water.
- Step 5: Boil for at least 5 minutes.
- Step 6: Cool in the pan, then take equipment out.
- Step 7: 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.

How can I find more information?

PHONE	<ul style="list-style-type: none">• Maternal and Child Health - Early Pregnancy and Parenting support line (02) 5124 1775, or• Central Health Intake (CHI) on 02 5124 9977
GO TO	<ul style="list-style-type: none">• Australian Breastfeeding Association - 1800 686 268 www.breastfeeding.asn.au• Pregnancy Birth and Baby - 1800 882 436 www.pregnancybirthbaby.org.au• www.health.act.gov.au/breastfeeding
VISIT	YOUR GP

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Acknowledgement of Country



Canberra Health Services acknowledges the Traditional Custodians of the land, the Ngunnawal people. Canberra Health Services respects their continuing culture and connections to the land and the unique contributions they make to the life of this area. Canberra Health Services also acknowledges and welcomes Aboriginal and/or Torres Strait Islander peoples who are part of the community we serve.



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