

# Bottle-feeding tips

Bottle-feeding might look easy but there's a fair bit to swallow. So here's a list of bottle-feeding tips, covering bottle-feeding positions, setting a bottle-feeding routine, and more.

- When it comes to bottle-feeding positions, you should always hold the bottle so that the milk completely fills the nipple to ensure baby isn't swallowing air.
  
- If you're switching from breast to bottle, try sharing the first bottle-feeds between caregivers. That way everyone gets plenty of baby-bonding time, baby learns to feed with someone else, and mom gets a rest.
  
- Some moms find that their baby prefers a particular nipple. You may have to try different nipples until you find the one that works best.
  
- Look out for your baby's "I'm hungry" and "I'm full" cues. You'll soon get to know them.
  
- For food safety reasons, discard any unfinished formula or breast milk in the bottle within one hour after feeding.
  
- Whether you're feeding expressed breast milk or formula, always sterilize bottles and nipples before each feeding.
  
- If you're considering formula feeding, discuss which one would be appropriate for your baby's needs with your doctor first.
  
- If you use formula, always follow the preparation and storage instructions on the label.

## Sources

Canadian Paediatric Society. 10 Steps for Diaper Changing.  
<https://www.caringforkids.cps.ca/uploads/wellbeings/diaper.pdf> <sup>[1]</sup>. Accessed September 2020.

**Source URL:** <https://www.nestlebaby.ca/en/0-6-months/bottle-feeding-tips>

## Links

[1] <https://www.caringforkids.cps.ca/uploads/wellbeings/diaper.pdf>