

Bottlefeeding Plan of Care:

When to feed your baby:

- Feed your baby when your baby shows early hunger cues such as rooting or bringing hands to mouth
- Feed your baby minimum 8x / 24 hrs
- if your baby is not showing signs of hunger 3 hours from beginning of the last feed, feed baby

What to feed your baby:

- if breastmilk is not available, use ready to feed formula
- Link to best start
- Ready to feed formula is a sterile fluid and has a lower risk of infection and reduces risk for the vulnerable newborn

How to feed your baby:



- Use paced bottle feeding method as it promotes better digestion, prevent choking, prevents flow preference for bottles over breast, and prevents overfeeding by allowing the baby to recognize when they are full
- Hold baby upright, support back of baby's neck tilting chin up toward bottle nipple
- Hold bottle parallel to floor, do not tip it upright

Engorgement management:



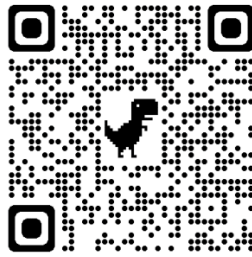
Hand Expressing Milk | Newborn
Nursery | Stanford...
med.stanford.edu

- Breasts can fill with milk even if baby is not breastfeeding
- Take ibuprofen every 4-6 hours to reduce swelling (provided no contraindications for use)
- Cool compresses to breasts as needed
- limit restrictive clothing

Community Parenting supports:

www.parentinginottawa.ca

www.ottawabreastfeeds.ca



Parenting Videos:

www.monarchcentre.ca

Newborn Bath, Diaper Change, Mental Health,
Normal Newborn Behaviours, PostPartum Recovery, and Jaundice

