

Gentle Bottle feeding

how to introduce a bottle to your baby

Be patient &
create a positive
environment.

Choose a long
teat. Imagine
a stretched
out nipple!

Do not force the
whole feed.

The process may
take a few weeks.

Sit up baby
supporting their
head and neck.

Some babies
prefer a bottle
from Mum, others
know the breasts
are easily
available, so may
need to try
another support
person.

Hold the bottle in
a horizontal
position so milk
just covers teat,
ensuring the flow
isn't too fast.



Only offer a small
'amount' at first,
focus on the skill
not the amount
bub drinks.

Initiate rooting
reflex, invite teat
into mouth.

Offer the breast
first, then when
bub is more
settled, offer a
bottle.

Cup feeding is
another good
alternative and
possible at any
age.

Bottle feeding
provides bonding
and attachment,
hold baby close
and avoid
propping baby on
our legs.

If it's a baby over 6
months allow them
to explore and play
with the bottle.

Empowered Lactation
with Emma