

CHILD CARE TIPS

Child Care Health Consultation



Techniques for Bottle Feeding:

Whenever possible, the same caregiver/teacher should feed a specific infant for most of that infant's feedings.

- Wash hands.
- Check that the bottle has the name of child you will feed.
- Initiate feeding when the infant provides cues (rooting, sucking, etc.).
- Hold the infant during feedings*, make eye contact, and talk to the baby.
- Alternate sides of caregiver's/teacher's lap (technique should mimic approach to breastfeeding).
- Allow breaks during the feeding for burping.
- Allow infant to stop the feeding; do not overfeed.
- Infants must not be permitted to have bottles in the crib*.
- Bottles shall not be propped*.
- Infants must not be permitted to carry a bottle or cup while standing, walking, or running around*.
- Once removed from the refrigerator and/or heated, a bottle of breastmilk or formula must be consumed within one hour or the contents thrown away.

Paced Bottle Feeding

This technique is similar to spoon feeding, as the baby gets smaller amounts at a time and so is more relaxed.

- Allow the baby to take 3 – 4 sucks of milk.
- Tilt the bottle nipple upward to empty out milk or remove the nipple completely from the baby's mouth to stop milk flow and give baby a chance to swallow, breathe, and relax.
- Reintroduce the nipple/milk flow and repeat.

See a video on paced bottle feeding:

https://youtu.be/Gos_b_uV2xU

Avoiding Bottle Mix-ups:

- Whether the bottle contains breastmilk or formula, following the tips above reduces the possibility for bottle mix-ups.
- If a child should receive the wrong bottle, the mix-up should be documented.
- If the bottles contain formula, the parents should be informed of the mix-up.

If one or more of the bottles contained breastmilk, follow the procedures in *Caring for our Children, 3rd Edition**, "Standard 4.3.1.4: Feeding Human Milk to Another Mother's Child."

*Per Kentucky Administrative Regulation 922 KAR2:120.



Kentucky Public Health
Prevent. Promote. Protect.