

## Information about formula feeding and use of bottles and teats



# FIRST STEPS NUTRITION TRUST

[www.firststepsnutrition.org.uk](http://www.firststepsnutrition.org.uk)

### Did you know?

First Steps Nutrition Trust is the **only** source of unbiased, non-commercial information about formula milk for babies in the UK

## How to give formula milk using a bottle

- Hold your baby close and look into their eyes during feeds, as this helps them feel safe because they can hear and smell you.
- Make sure only you and your partner feed your baby in the early weeks, because if babies feel safe, it helps with healthy brain development
- Respond to baby hunger signs/cues, rather than the clock.
- Invite the baby to draw in the teat rather than forcing the teat into the mouth (tickle baby's top lip until mouth opens)
- Pace the feed so that the baby is not forced to feed more than they want to.
- Recognise the baby's cues that they have had enough milk.

If a baby is not breastfeeding, or receiving breastmilk, then **"First milk" formula** is the most suitable type of

