

## Bottle Feeding & Supplementing Breastfeeding

Supplement with expressed breastmilk, pasteurized donor milk, or infant formula as directed by your medical provider. For breastfeeding families needing temporary supplementation, screened, pasteurized donor human milk is available from *Mother's Milk Bank Northeast* at [milkbankne.org](http://milkbankne.org) or 617-527-6236. Families at risk for food insecurity may call 2-1-1 and ask about local WIC resources.

If you are establishing breastfeeding and cannot directly breastfeed your baby for any reason, don't stress. Put your baby skin to skin as much as possible while you are awake and gently pump or hand express to remind your body to make milk. Doing this will help build/maintain your supply until your baby is ready for direct breastfeeding. Many families find it helpful to see an experienced lactation consultant to help navigate breastfeeding challenges. Call us to book an appointment 203-288-4288.

We realize it is hard to estimate how much a baby takes from the breast. Generally, babies have had enough to eat when their arms can relax by their side after nursing. If your baby still seems hungry after eating or your healthcare provider suggested supplementing, the following chart can help you estimate your baby's needs by age for each bottle.

<b>Age</b>	<b>About how much does my baby need per feeding?</b>
<i>2-3 days</i>	<i>5-15 mL</i>
<i>4-5 days</i>	<i>15-30 mL (0.5-1oz)</i>
<i>6-8 days</i>	<i>30-60 mL (1-2oz)</i>
<i>2-3 weeks</i>	<i>60-100 mL (2-3 oz)</i>
<i>1-2 months</i>	<i>2.5-4 oz</i>
<i>2-3 months</i>	<i>3-6 oz</i>
<i>4-5 months</i>	<i>5-7 oz</i>
<i>6-12 months</i>	<i>6-8 oz</i>

## Baby Bottle Feeding Techniques

### DO

- Calm baby before feeding
- Hold baby upright & bottle horizontal
- Touch the bottle nipple to baby's cheek, chin, or lip to start
- Allow baby to decide when to latch to the bottle nipple
- Allow baby to take breaks every 20-30 seconds by tilting the bottle down
- Stop to burp 1-2 times per feeding



### DON'T

- Bottle feed baby lying flat on their back

### DON'T

- Hold the bottle vertical, this will cause baby to be gassy and uncomfortable

### DON'T

- Push bottle nipple in baby's mouth until they show you they are ready

### DON'T

- Force baby to finish a bottle

### DON'T

- Worry about the baby taking in air, this will not cause gas or discomfort, only painless burping

Unlike infant formula, expressed human milk does not spoil quickly. It is safe to stay at room temperature for 4 hours, in the refrigerator for 4 days, or in a freezer for at least 4 months.

### A note about infant formula preparation:

For babies without access to breastmilk who are less than 2 months old, the CDC recommends ready to feed, liquid, iron fortified infant formula because it is sterile. Instructions for preparing powdered infant formula for baby's who are premature, immunocompromised or less than 2 months old can be found here:

<https://www.cdc.gov/cronobacter/infection-and-infants.html>