

You do not need to give them follow on milk, as they will be able to swap from first milk to cows milk at **one year of age**. All brands of formula milk contain the same essential requirements for your baby's nutrition. No one brand has an important, needed ingredient that the others do not have. Therefore, you can buy whichever brand you prefer, and swap brands if you need to at any point. Avoid buying any special milk, for example hungry baby milk or reflux milk, unless it has been specifically prescribed or recommended by your GP for a diagnosed problem. For more information on formula milks go to [www.firststepsnutrition.org](http://www.firststepsnutrition.org)

Please upload the QR code to see a video on paced bottle feeding:



#### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

#### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net). This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

## INFORMATION FOR PATIENTS

### A guide to safe, responsive bottle feeding

**Responsive feeding** is making sure that your baby's needs are met not only for nutrition, but also comfort and love. It is an important opportunity to help your baby's brain to grow and help them to feel safe and secure.

#### To successfully feed responsively the following tips will help :

- Look out for feeding cues (such as waking, rooting, licking), telling you when they are hungry instead of timing or working towards routine feeds.
- Hold your baby in a semi-upright position.
- Keep your baby close when feeding so that you can see into baby's eyes and talk gently to your baby. Talking to them and smiling will help your baby feel safe, secure, and relaxed.
- Offer your baby the bottle by stroking baby's top lip with the teat, do not force the teat into your baby's mouth and let them take it when ready.
- Hold the bottle in a horizontal position, tipped just enough to fill the very tip of the teat.
- Allow your baby to pace the feed and take their time if needed.
- Signs your baby needs the feed to slow down, or stop, are spitting or dribbling milk, stopping sucking, pushing the teat away with tongue, arching their back and spreading their fingers or toes.
- Avoid making them empty the bottle if they show signs of having had enough.
- Don't worry if they take more milk at one feed than another.
- Limit the number of people who feed your baby to yourself or other main care providers, so that baby stays calm and relaxed.

## Reducing the risk of serious infection

Even when tins and packets of powdered infant formula are sealed, they can sometimes contain harmful bacteria that could make your baby ill. Although these bacteria are rare, the infections they cause can be life-threatening.

To reduce the risk of infection, make up each feed as your baby needs it, using boiled water at a temperature of 70°C or above. You should avoid storing pre-prepared formula in the fridge for future feeds. The step-by-step guide shows you how to do this. Water at this temperature will kill any harmful bacteria that may be present.

## Sterilisation of feeding equipment

When using formula milk, you must thoroughly wash bottles and teats well with warm soapy water and a bottle brush to remove any milk residue before sterilising.

### Cold water sterilisation:

- Rinse all washed equipment in cold running water before sterilisation.
- Equipment should be fully plunged into the solution for at least 15 minutes, however, some solutions need 30 minutes (read the brand instructions).
- Change the sterilising solution every 24 hours.

### Steam/microwave sterilisation:

- Rinse all washed equipment in cold running water before sterilisation.
- All equipment should be faced down.
- Follow the manufacturer's instructions for sterilising and for how long equipment may be left in the sterilising unit – times and techniques may vary.

## Making up a feed safely

1. Fill the kettle with at least 1 litre of **fresh tap water from the cold tap** (don't use water that has been boiled before).



2. Boil the water. Then leave the water to cool in the kettle for **no more than 30 minutes** so that it remains at a temperature of at least 70°C.
3. Clean and disinfect the surface you are going to use.
4. It's really important that you **WASH YOUR HANDS**.
5. Stand the bottle on a clean surface.
6. Follow the manufacturer's instructions and pour the correct amount of water into the bottle. Double check that the water level is correct.
7. Loosely fill the scoop with formula – according to the manufacturer's instructions – and level it off using either the flat edge of a clean, dry knife or the leveller provided. Do not add more or less scoops than advised on packaging.
8. Cover the teat with the cap and shake the bottle until the powder is dissolved.
9. It is important to cool the formula so it is not too hot to drink. Do this by holding the bottom half of the bottle under cold running water.
10. Test the temperature of the infant formula on the inside of your wrist before giving it to your baby.



## What formula milk should you use?

You will need to choose **first milk**, this is suitable to use for the first year (continued on the next page).