

*Thank you for helping me
take good care of my baby.*

Here is some information
I'd like you to know.

How often to feed my baby

My baby is breast or chestfed. My baby usually eats about every 2 to 3 hours. But, I would prefer that you feed when you see hunger cues, instead of just looking at the clock. Below are some cues that babies may show when they are hungry.

A hungry baby may:

- Move their head, looking for something to suck on.
- Pull their hands & knees upward toward their face.
- Make sucking noises & try to suck on anything they can find.

Note: Babies often show multiple cues at a time.

How to feed my baby

Many lactation consultants recommend a bottle feeding method called "paced feeding." Paced feeding can reduce overeating. It does this by slowing down the feeding process and putting the baby in control. Many experts also say that babies are less likely to refuse the breast or chest when they are bottle fed with paced feeding. This means it will be easier for me to nurse my baby when we are together, even if they are bottle fed when I am away. The steps of paced bottle feeding are on the next page. I also have a video I can share. Let me know if you would like to see it!

Here are the steps for paced bottle feeding:

1. Hold them upright. Support their torso with your arm.
2. Avoid sticking the nipple in their mouth before they are ready. Place the nipple on their upper or lower lip. Wait until they open their mouth and let them draw the nipple in.
3. Let them suck a little without getting milk. Then, allow the nipple to partially fill with milk, leaving some air in the nipple. Keep holding the baby upright to slow down the feeding.
4. Hold the bottle level to the floor. This way, gravity does not pull the milk out as fast.
5. Let them take breaks. When they take a break from sucking, tilt the bottle down a bit to prevent milk from flowing into the bottle. When they start sucking again, tilt the bottle back up so it is level to the floor again.
6. Let them set the pace of the feeding. Watch their face for signs that they need a slower flow. This can include a widening of the eyes, frowning of the brow, or turning or pulling away.
7. Stop feeding when they show fullness cues, such as releasing the nipple or falling asleep while eating.
8. Burp them often since they are more likely to swallow air from a bottle nipple.

How to know when my baby is finished eating

Please stop feeding my baby when you see signs of fullness.

When a baby is finished eating, they may:

- Relax muscles.
- Slow down eating.
- Let hands fall away from face.
- Sometimes fall asleep.

What to do when my baby falls asleep

Sometimes babies fall asleep when they are full after eating. If this happens, please put my baby down to sleep in a safe sleeping space. My baby should sleep on their back, in their own crib, pack-n-play, or bassinet. They should sleep on a firm mattress with a tight-fitting sheet, with no pillows, blankets, bumper pads or toys. The air should be clean, with no cigarette smoke.

How to comfort my baby

Babies cry for many reasons, not just because they are hungry. You should not give a baby a bottle just because they are fussy.

Here are some ways you can soothe a baby:

- Check their diaper.
- Hold them.
- Rock them.
- Sing to them.
- Take them for a walk.

How to safely handle bottles and human milk

I will provide you with thawed or freshly expressed human milk to feed my baby. I may also provide frozen human milk as a back up. On the next page is information on how to thaw and/or store human milk safely.

I will plan to provide you with bottles that are ready to use. But if you need to prepare a new bottle, please:

- Wash nipples and bottles in hot soapy water each time they are used. This includes being washed in the top rack of a dishwasher.
- Always wash your hands before preparing a bottle for my baby.

How to safely store human milk

Below is a chart that will show you how long human milk can be stored safely in different locations. I will write the date my milk is expressed on the storage container. Store the milk on the inside shelves of the refrigerator and freezer. Do not store it in the door to avoid temperature changes. The recommended refrigerator temperature is 40 degrees Fahrenheit.

	room temperature 77° or colder	refrigerator 40° or colder	freezer with separate door 0° or colder
freshly expressed or pumped human milk	up to 4 hours	up to 4 days	within 6 months is best, up to 12 months is acceptable
thawed human milk (previously frozen)	1-2 hours	up to 1 day	never refreeze human milk after it has been thawed

How to thaw & serve human milk

Thawing: You can thaw human milk overnight in the refrigerator. Or, thaw it in a bowl of warm water, or under warm, running water. Thaw the oldest milk first! **Never microwave a baby's bottle. Never heat human milk on the stove.**

Serving: Human milk can be served warm, room temperature, or cold. Gently swirl the milk if you notice fat particles have separated from the rest of the milk.