



Care Plan for Supplementing the Breastfed Baby with a Bottle

When babies are not breastfeeding well, they may need to be fed a supplement of expressed breast milk or formula. It is important to remember that if a supplement is needed, whether it is expressed breast milk or formula, you need to begin pumping. Bottle feeding is a method that may be recommended to help your baby learn how to coordinate sucking, swallowing, and breathing while feeding. Breastfeeding can be reinforced with an appropriate bottle and nipple as well as the following techniques.

Care Plan Goals:

- Encourage safe feeding by properly positioning baby and choosing appropriate bottle.
- Reinforce breastfeeding by encouraging baby to latch onto bottle nipple as if at breast.
- Maintain mother's milk production by pumping with a hospital-grade rental breast pump.

Choosing a Bottle and Nipple

- Use a slow-flow nipple so your baby can manage the flow of milk.
- Baby should be able to take 10 ml in 10 minutes. This allows baby to control the flow from the bottle better and is more compatible with breastfeeding.
- If the flow is too slow and it takes your baby too long to finish the bottle, talk with your nurse or lactation consultant. You may need to use a regular or different flow nipple until baby is more efficient.

Positioning Baby for Bottle Feeding:

- Hold your baby in a seated position with his hips bent.
- Support your baby's head, neck, and upper back with your arm along his back and your hand at the base of his head. Pressure from the palm of your hand will keep baby in an upright position.

How to Bottle Feed Baby:

- Gently touch the tip of the bottle nipple above your baby's upper lip just as you would with your nipple when attempting to latch him onto your breast.
- Wait for baby to open widely, then bring baby to bottle nipple, so that latching onto the bottle nipple is like latching onto your breast. Baby's mouth should take in most of the bottle nipple.
- Bottle should be level, allowing for the nipple to be half-full so baby can manage the flow of milk better. Do not tilt the base of the bottle up since this creates a faster flow. (Bottle base may need to be tilted up more toward the end of the feeding to keep milk in the nipple.)
- If you see signs that baby cannot tolerate the flow, such as choking or coughing, help him by dropping the base of the bottle down with the nipple still in his mouth. This will stop the flow.
- Let baby pause during feeding as needed. This is a new skill for baby and pauses are normal. Pausing helps him to regulate sucking, swallowing and breathing.
- Give baby chin and jaw support if after pausing, he does not start to suck again.

Note: If baby is losing milk from his mouth, gagging, choking, coughing, or biting the nipple, this may mean that the flow of the bottle nipple is too fast. He might feed more efficiently and safely with a different one. Ask your nurse or lactation consultant at TriHealth Breastfeeding Care Center (513 862 7867 option 3).