

STOP feeding immediately if you observe these signs:

- If your baby is tired
- If there is no active sucking
- If your baby is sleepy

Your baby is telling you he/she has had enough.

Other signs that your baby is finding feeding **STRESSFUL** and that they need to **STOP** are:

- Change of colour to pale or red
- Rapid breathing
- Flared nostrils – this could indicate your baby is working harder to breathe
- Loss of alertness
- Eyebrow raising
- Rapid or flickering eye movements, wide panicky eyes
- Coughing or choking
- Drooling/losing milk indicating the baby can't manage the flow or amount of milk



Adapted for the James Paget University Hospital with kind permission from the Norfolk & Norwich University Hospitals NHS Foundation Trust

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

Courtesy and respect

- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
So people feel **welcome**

Attentively kind and helpful

- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
So people feel **cared for**

Responsive communication

- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
So people feel in **control**

Effective and professional

- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

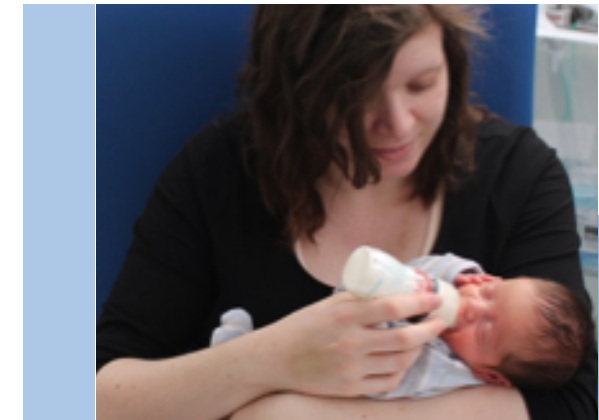
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James Paget
University Hospitals
NHS Foundation Trust

Bottle Feeding Your Baby



Best Practice Tips for Parents and Carers

This leaflet has been written to support parents and carers who have made the decision to bottle feed their baby.

When is my baby ready to feed?

Establishing feeding can be a gradual process taking days or weeks.

Babies born prematurely are not usually considered ready to bottle feed until they reach 34 weeks gestation. For all babies, readiness to feed is judged on a number of factors which tell us that they are likely to do so safely. Your nurse, midwife, doctor or speech and language therapist are always available to discuss any feeding issues or concerns.

Feeding is an integral part of bonding with your baby. It enables you to get to know your baby and learn to communicate with each other. In order for your baby to develop good feeding skills, it helps to have a consistent feeder and a parent is always best.



Before you start a feed...

1. Look at your baby – observe for feeding cues...

- Is he/she awake and alert?
- Is he/she rooting/sucking on fingers, hands?

If your baby is not showing these signs and does not seem interested in feeding then tube feed. You can try again at the next feed time.

Starting a feed...

2. Offer the bottle by putting the teat on your baby's lips and watch for your baby to open his/her mouth to accept the teat.
3. Give your baby time to prepare to accept the teat – some babies need more time than others to prepare.
4. You could try stroking your baby's lips with the teat to encourage them to open their mouth. It's important not to force or push the teat into your baby's mouth. Your baby will take the teat when he/she is ready.
5. You could try putting a drop of milk on your baby's lips to stimulate interest in sucking.

During a feed...

6. Babies need to pace themselves during feeding. They will suck in bursts and pause to take catch-up

breaths. Allow your baby to stop and wait for him/her to recover and start sucking again. It is important for your baby to control their feeding and you should not juggle, turn, twist or move the teat in and out of your baby's mouth. Still hands when feeding is best practice.

Feeding should be a maximum of 20-30 minutes



After this time your baby will be working too hard, using energy and burning calories. If your baby has a feeding tube, use it to top up your baby. Otherwise allow your baby to rest and wait until they show feeding cues again.

The nursing staff are always here to support you and your baby.

We want feeding to be a positive and safe learning experience, which will continue at home.

Further information and support available from:

Midwife

Health Visitor

Neonatal Outreach
