



Sundhedsplejen Aarhus Kommune

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## Bottle feeding



**SUNDHEDSPLEJEN**  
Børn og Unge  
Aarhus Kommune

## Bottle feeding

Some parents choose bottle feeding for their newborn baby. For other parents bottle feeding is a necessity due to problems with breast feeding. All babies need food, comfort and close contact with their parents. This need can be fulfilled in many different ways - good parenthood is not decided through method of feeding.

There are many positive things about bottle feeding. When sitting with the baby, you can create a nice, quiet and comforting atmosphere, to provide close contact with your baby. This is important for your baby's development. Another advantage is that both Mom and Dad can feed the baby. Also it is easy to keep track of how much milk the baby drinks.

Breast feeding is given a lot of attention in the news as a valuable method for feeding a newborn. If there are problems, however, it may be necessary to give up breast feeding. In some cases mothers may find this situation very difficult to accept. It is a good idea to share thoughts and concerns about this with someone and discuss options with your health nurse.



### Colophon

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### References

"Sunde Børn", National Board of Health, 2017  
"Ernæring til spædbørn og småbørn", National Board of Health, 2015  
"Amning- en håndbog for sundhedspersonale", National Board of Health, 2018

## How to clean bottle and nipples

Good hygiene is important when cleaning bottles and nipples. Bacteria grow easily in warm milk. Therefore it is important to carefully clean bottles for any leftover milk:

- Rinse the bottle in cold water. Then clean carefully with a bottle brush in hot water with dishwasher detergent.
- Put a bit of salt in the nipples and rub them between your fingers to clean out any leftover milk.
- Rinse bottles and nipples again in clear water. Cover fully in water, and either boil or microwave for 5 minutes.
- Pour out water and keep clean bottles and nipples dry and covered with a cloth.

If you have a dishwasher, the bottles can be washed at min. 65 degrees and dried. Rinse bottles for leftover milk before putting them in the dishwasher.



## How do I know that my baby is thriving?

Your baby is thriving, when she/he:

- is awake and interested in close contact
- shows hunger and eats at least 6 times during 24 hours
- has a normal skin color
- wets the diaper 6-8 times per 24 hours
- passes gas and has normal bowel movements

When the baby is fed by formula only, she/he should have a bowel movement every 2nd-3rd day. If there are signs of constipation or other problems with the baby, contact a doctor or your health nurse.



## What kind of milk does your baby need?

A newborn baby can be bottle fed with Mom's pumped breast milk or with formula from the store.

*If you pump*, the breast milk can be served immediately or kept in a bottle. When set aside for later use, breast milk must be cooled in a refrigerator or frozen. Breast milk can keep for 3 days in the refrigerator (max. 5 degrees) or 6 months in the freezer (- 18 degrees).

*If you use formula*, you must choose one that is recommended for newborns. There are many different kinds of formulas on the market, ready-made or granulated. All of them are made with ingredients that match breast milk as much as possible.

*If your baby is born premature, diagnosed allergic or in risk of developing allergies*, you must use specially made formula. Ask your doctor or health nurse for advice.

## How to prepare formula

Good hygiene is very important in connection with bottle feeding. Before making formula, wash your hands and always use a clean bottle, measuring spoon and other utensils.

### *Preparing formula:*

- Use cold water. Let the water run for a bit before tapping.
- Boil water and cool to approximately 40 degrees.
- Read package and add granulated formula. Follow instructions on package closely.

When your baby is 4 months and healthy, boiling the water for formula is no longer necessary if the bottle is served immediately.

### *How many bottles can be made per time?*

To prevent infections, each bottle must be made directly before use the first 2 months.

Later on, you can make bottles for the next 24 hours at a time.

If your baby is premature or has any kind of immunity illness, you must prepare each bottle separately.

Warm milk should be used within an hour, and should not be reheated hereafter. Ready-made formula from the store can be served unheated.



## How to heat milk

A bottle with breast milk or formula can be heated in the microwave, in bottle-heater or put in hot water. Shake the bottle and check the temperature by dripping a bit of milk on your wrist. The milk should be semi warm before served.

Frozen breast milk can be slowly thawed in the refrigerator and can be kept for 24 hours after thawing. Thawed milk should not be refrozen. Left over milk from a meal should always be thrown away.

## How much milk does your baby need?

A newborn baby will normally want to eat quite frequently and unsystematically. Offer the baby a bottle, when she/he seems hungry. It will vary from time to time how much milk the baby will drink, and it is important to let the baby decide, how much and for how long she/he wants to eat. It is important to respect baby's signs of hunger and satisfaction.

After the first week and to 1 month of age, a baby will need to eat approximately 1/6 of its own weight, typically through 6-8 meals per 24 hours.

Ex: A baby that weighs 3600 g needs 600 ml milk per 24 hours. If a baby eats 6 meals a day, it will drink around 100 ml per meal.

A premature baby (born before 37th week) needs slightly more - approximately 1/5 of its own weight per 24 hours.

From the 2nd to the 6th month the amount of milk is reduced to 1/9 of the bay's weight.



## How to bottle feed your baby

When bottle feeding your baby, you have the opportunity for a nice and cozy time together. It is important for your baby that she/he is most often fed by the same few people, preferably Mom and Dad.

You can either sit up or lie down with the baby in your arms in a quiet place. Most meals take 15-20 minutes, and it is a good idea to give the baby a short break during feeding, to ease burping. Do not leave your baby alone with the bottle.