



# Bottle Feeding Is More Than A Meal

Everyday activities, like feeding from a bottle, are wonderful opportunities for babies to learn. When caregivers use responsive strategies, babies learn how to soothe, communicate, bond with their caregiver, and help meet their own needs.

Make the most of bottle feeding with these strategies:

## Notice Cues Your Baby Is Hungry

Look for signs like sucking, opening and closing their mouth, licking lips, and increased alertness.

## Hold Your Baby Semi-Upright

Hold your baby in an upright position so you can look at each other's faces, unless your doctor instructs different positioning.

## Show Your Baby The Bottle

Gently touch the lower lip with the nipple. Your baby will open their mouth to move the nipple into position.

## Talk To Your Baby About The Moment

Talk about what's happening and how they feel. Infancy is when children start to identify and understand their sensations and emotions.

## Watch For Cues Your Baby Needs A Break

Most babies will let milk spill from their mouth or turn their head when they need a break.

## Recognize Cues Your Baby Is Full

Examples include turning their head away from the bottle, showing more interest in the environment, becoming less active, frowning, or avoiding eye contact. It's important not to overfeed your baby.