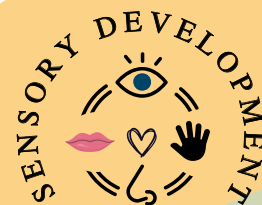




Collaboration with North Carolina Early Learning Sensory Support Program

BOTTLE FEEDING



SUPPORTING EXPLORATION AND SENSORY DEVELOPMENT

Children with vision impairments learn best through hands-on experiences. Touching, moving, listening, and interacting with objects and people helps build their understanding of how things work and connect. Everyday routines—like getting dressed, mealtimes, or bath time—offer consistent, familiar moments to explore, communicate, and make sense of the world around them.

Prepare your child by telling them what you are going to do **before** you do it.

PREPARE THE ENVIRONMENT



- Notice and adjust room lighting and sound.
- Provide wait time for your child to respond.
- Remember to think about using your child’s best visual field.
- Think about opportunities to provide visual contrast.

WHAT TO SAY

WHAT TO TRY



“You’re hungry. Let’s go make a bottle.”	Take your child with you to make the bottles.
“Pour in the water, I hear it filling up.”	Cue your child to the noise.
“Your bottle is warm, we don’t want it too hot.”	Let your child feel the bottle.
“Look, your bottle is your favorite color.”	Add a colored rim or scrunchy around the bottle.
“Your turn to hold the bottle. Let me help you.”	Place their hand on the bottle.
“You ate it all. Your bottle is empty and you’re full.”	Show the empty bottle to your child.

WHAT TO TEACH

WHAT TO WATCH FOR

- Temperature
- Hungry/full
- Kitchen space/location
- Bottle
- Empty
- Water
- Shake

- Becoming very still and relaxed
- Breathing changes
- Widening eyes, eye contact, smiling
- Moving, rolling, reaching
- Making or imitating sounds or words



End bottle feeding the **same** way each time so your child learns when they are done.



Family, Infant and Preschool Program of the J. Iverson Riddle Developmental Center

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