

CUE-BASED BOTTLE FEEDING



Whether your baby is receiving breastmilk or formula, Cue-Based Bottle Feeding allows babies to have control over the flow of milk during a bottle feeding. Babies feel stress and give stress cues when milk flows too fast from a bottle. Watching your baby for cues of hunger, fullness, and stress will provide a better bottle-feeding experience for your baby and for you.



- Feed your baby when Baby is showing early hunger cues:
 - Rapid eye movement under the eyelids when sleeping
 - Increased alertness or activity
 - Tongue movements
 - Mouthing / Rooting
 - Clenching of fists, flexion of arms
 - Hands to mouth
- Cuddle your baby, sitting upright or position your baby in a side-lying position on a pillow in your lap with the baby's head elevated above his hips. These positions give your baby better control of the flow and allow your baby to suck, swallow and breathe comfortably.
- With the bottle nipple held upright, touch your baby's upper lip with the nipple. When baby opens wide, let the baby draw the nipple in. Allow the lips to close on the fat part of the bottle nipple.
- Position the bottle almost horizontal once in your baby's mouth. Your baby should only get milk when they suck. When Baby isn't sucking, milk shouldn't drip out on its own. You may hear your baby sucking some air, but baby will just breathe it out of their nose.
- Watch your baby for stress cues that may tell you baby is getting milk too fast.
 - Some stress cues are:
 - Milk leaking around baby's lips
 - Gulping, panting or making squeaking noises
 - Peddling their hands and feet and/or arching their back
 - Tense, worried looking, wrinkled forehead
 - Stiffening or spreading of fingers or toes
 - Severely stressed babies may gag, vomit, cough or cry during feeding
- If baby becomes stressed by the flow, slow the feeding by tipping the bottle down slightly so that there is less milk in the nipple.
- If your baby becomes overwhelmed, take a break by gently twisting the nipple and removing it from your baby's mouth. Rest the bottle nipple on Baby's lips so they will open wide again when they are ready to continue drinking and not be worried that their food has been taken away.
- Feed your baby until your baby has relaxed hands and arms and is content when they are not being cuddled.
- Never force your baby to drink more than your baby wants.
- Never prop a bottle.