







## How can I tell bottle feeding is going well?

|  <b>Bottle feeding is going well when:</b>  |  <b>Talk to your midwife or health visitor if:</b>  |
|---|--|
| <b>Your baby:</b>   | <b>Your baby:</b>  |
| Has a minimum of 8 feeds in 24 hours (after the first 24 hours).  | Is excessively sleepy and has had less than 6 feeds in 24 hours.   |
| Has around six heavy, wet nappies a day by day five <b>and</b> At least one or two soft stools a day (see nappy chart).   | Is not having the wet and dirty nappies (explained overleaf).  |
| Has appropriate weight gain/growth.   | Is not gaining weight as expected.   |
| Is generally calm and relaxed when feeding and is content after most feeds.   | Appears constantly unsettled and cries a lot.  |
| Has a normal skin colour and is alert and waking for feeds.   | Appears jaundiced (yellow discolouration of the skin)<br><i>Most jaundice in babies is not harmful; however, it is important to check your baby for any signs of yellow colouring, particularly during the first week of life. A good time to check is when you are changing a nappy or clothes. Press your baby's skin gently, on the nose or forehead for light-skinned babies and palms of the hands and soles of the feet for darker skinned babies, to see if you can see a yellow tinge developing. Also check the whites of your baby's eyes when they are open and the inside of his/her mouth when open to see if the sides, gums or roof of the mouth look yellow.</i> |
| <b>How to prepare the feeds safely, pace the bottle feeds and meet my baby's feeding cues</b>   |  |
| <b>Feed preparation:</b><br>Equipment is washed and sterilised appropriately and you know how to make up feeds as per manufacturer's guidelines and the needs of your baby.   | <b>Responsive bottle feeding:</b><br>You are giving most of the feeds and limiting the number of caregivers. You recognise early feeding cues and respond by feeding your baby without letting your baby cry excessively by holding your baby closely and semi-upright, maintaining eye contact during each feed.  |
| <b>Pacing the feed:</b><br>Bottle held horizontally, allowing just enough milk to cover the teat, and baby invited to take the teat. You observe for signs of needing a break, and remove teat or lower bottle to cut off flow. | <b>Finishing the feed:</b><br>You recognise the signs when your baby has had enough milk (turning away, splaying hands, spitting out milk, and you don't encourage your baby to finish a feed inappropriately.<br>Bottle Feeding Techniques -<br><a href="https://www.youtube.com/watch?v=Q3dTZTUHT3A&amp;list=PLBay_LKYZ_gHNG5dYu1I7zZ_3QhcTNmt1&amp;index=11">https://www.youtube.com/watch?v=Q3dTZTUHT3A&amp;list=PLBay_LKYZ_gHNG5dYu1I7zZ_3QhcTNmt1&amp;index=11</a>   |

## Nappy chart

The contents of your baby's nappies will change during the first week. These changes will help you know if feeding is going well. Speak to your midwife or Health care professional if you have any concerns

| Baby's age                         | Wet nappies                                 | Dirty nappies  |   |
|------------------------------------|---|--|---|
| 1-2 days old                       | 1-2 or more per day, urates may be present* | 1 or more dark green/black 'tar like', called meconium   |    |
| 3-4 days old                       | 3 or more per day nappies feel heavier      | At least 2, changing in colour and consistency – brown/green/yellow, becoming looser ('changing stool')        |    |
| 5-6 days old 5 or more heavy wet** | 5 or more heavy wet**                       | At least 1-2, yellow; may be soft  |    |
| 7 days to 28 days old              | 6 or more heavy wet clear coloured***       | Usually at least 2, at least the size of a £2 coin, yellow and soft***<br>(After 28 days may be less frequent) |  |

\*Urates are a dark pink/red substance that many babies pass in the first couple of days. At this age they are not a problem. However, if they go beyond the first couple of days you should tell your midwife as that may be a sign that your baby is not getting enough milk. \*\*With new disposable nappies it is often hard to tell if they are wet, so to get an idea if there is enough urine, take a nappy and add 2-4 tablespoons of water. This will give you an idea of what to look/feel for.

**Babies are usually back to birthweight by 3 weeks. Over time, your baby will move up to the next sized nappy/clothes.**

<https://childliverdisease.org/wp-content/uploads/2019/04/CLDF-Yellow-Alert-Stool-Chart.pdf>