

# Feeding Infants: Breast or Bottle

One of the most important decision you will make is how to feed your baby. Will you breast feed or bottle feed? Either one you choose will allow you to experience the bonding and connection that come with feeding your baby.

Food \$ense

## Breastfeeding: Benefits all around

It is not just your baby who benefits from breastfeeding; you can as well! Breastfeeding provides optimum nutrition for your baby as well as many other benefits, including:

### Baby

- Receives immune factors from the mother that may protect him/her from infection
- Breast milk is easily digested
- Nutrients are absorbed better
- Breast milk is the perfect temperature and always fresh
- Reduces the chance of becoming obese in childhood

### Mother

- Loss of weight gained during pregnancy
- Uterus more quickly returns to normal size
- Decreases risk of breast and ovarian cancer
- Builds a bond between mother and baby
- Breast milk is economical. The only expense is to eat 500 extra calories a day.
- Breast feeding is convenient because there are no bottles to prepare.

### Don't forget to burp!

No matter how your baby eats, he/she needs to burp frequently! You can try it over the shoulder, with the baby lying down on his/her tummy, or sitting upright leaned against your hand.



## What is the best position for breastfeeding?

There are three basic breastfeeding positions. You can try all of them to decide which works best for you and your baby.

### Cradle

Hold your baby in one arm, with its head resting in the bend of your elbow. The baby's lower arm is tucked out of the way. Its mouth is close to your breast and the two of you are tummy to tummy. This is the most frequently used position. It can be used when you are sitting up in bed with pillows supporting your back or sitting in a chair.

### Lying down

Lie on your side with your baby also lying on his/her side. You are tummy to tummy with the baby's moth close to your breast. This position is ideal when you are lying in bed.

### Football

Place the baby on a pillow at your side. Support its head with your hand. The baby's mouth should be in front of your breast. Different than cradle, you are not tummy to tummy with your baby; he/she is more alongside of you. This position is good for smaller or premature babies who might have trouble nursing.

During the first days of breastfeeding, your baby receives colostrum from your breast. It is rich in nutrients and substances that protect the baby's health. Your milk should come in by the 5th day.

## Latching on

Get your baby to "root" by lightly touching your nipple to the skin between his/her upper lip and nose. This will cause the baby to open wide and have a better approach for a good latch. Put your breast to the baby's mouth. Pull the baby close to your breast to latch onto the nipple.

# You can store breast milk!

## All you have to do is:

- Store in a sterile container
- Breast milk lasts up to 48 hours in the refrigerator and up to 3 months in the freezer
- If frozen, thaw in the fridge or place in warm water
- Never heat on the stove or in the microwave
- Remember to shake it up

Many breastfeeding moms worry that their baby may not be eating enough. You can tell by the following signs:

- Nurses 8-10 times per day
- Nurses 5-10 minutes per breast
- Has 6-8 wet diapers
- Passes normal soft stools
- Is contented
- Gains weight

## Bottle Feeding

There are advantages to bottle feeding, too.

- Other important people in your baby's life can help with feeding.
- You know exactly how much formula is consumed.
- You have more flexibility in managing school, work and other family responsibilities.

### How do I **prepare** formula?

Besides mixing the formula, there are some other things that you should remember when preparing formula.

- Wash your hands
- Wash bottle feeding equipment
- Sterilize bottle feeding equipment. To sterilize, cover items with water and boil for five minutes. Cool and remove from water with sterile tongs.
- Mix formula according to package directions. To sterilize formula water, boil five minutes and cool.
- Store prepared formula in the refrigerator



### How to **warm** formula:

- Place bottle of formula in container of warm water or hold under warm running water
- Check formula temperature before feeding your baby
- Never microwave formula



### Is your baby getting enough?

- Has 6-8 feedings a day
- Drinks 1 to 3 ounces of formula per feeding
- Seems satisfied and contented
- Has at least 6 wet diapers
- Passes normal stools
- Gains weight



### Make feeding time pleasant

- Hold baby close and talk softly
- Cradle in a semi-upright position
- Support baby's head
- Hold bottle at an incline
- Never prop a bottle. It is a choking hazard and can cause baby bottle tooth decay.

