



# The feeding bottle

## Bottle feeding your baby is anything but complicated!

All it takes is a little technique and a bit of practice to make this a very special moment indeed for both you and your baby.

### Preparation

Before all else, be sure to wash your hands thoroughly.

Use the proportion of water specified on the packaging according to the age of your baby. Choose water with a low mineral content recommended for newborns (specified on the label). Place the full bottle in the bottle warmer until the water temperature reaches 40° maximum.

Then add the powdered milk to the bottle according to the doses specified. One dose is a level spoonful (level the scoop each time with a clean knife).

Only use the measuring spoon from the original powdered milk tin.

Always calculate 1 dose per 30ml of water. Hence, if your baby needs a 120 ml bottle, measure out 4 doses of milk.

Fit the cap of the feeding bottle securely and roll it between your hands to homogenise it. Don't shake it as the nipple can become blocked with the powdered milk. Adjust the flow according to baby's appetite and the texture of the liquid (fast for milk with baby food or soup): number of the desired speed at the top.

Before feeding, check the temperature by shaking a few drops on the inside of your wrist.

### Feeding baby

Make sure you are sitting comfortably in a quiet place, with your back well supported. Your baby should be cradled in your arms with his head in a semi-upright position.

Bring the bottle to the lips of your baby, laying the nipple on his bottom lip. Your baby will start sucking automatically.

Hold the bottle almost vertically: the nipple must always be full.

Let your baby drink at his own pace, without rushing or allowing things to drag on (no more than 20 minutes the first weeks). If he should fall asleep, move the nipple a bit.

Finally, hold your baby against you and burp him.

### Tips

- We advise against using a microwave oven for reheating the bottle as the contents could be too hot for baby, even should the sides of the bottle feel lukewarm.
- Once prepared, the contents of the bottle should be drunk within an hour. Any remaining formula after this time should be discarded immediately.
- Buy several bottles especially at the start: plan on six 240 ml bottles and the same number of nipples.