

FORMULA FEEDING

Feeding is a social, nurturing and trust-building opportunity- a relationship is growing

HOLD ME



- Focus on Skin-Skin contact with baby especially in the first hours
- Hold baby close and make eye contact while feeding
- Carry and hold baby a lot – its what they need for bonding and brain development

FEED ME



- Babies need to feed 8 or more times in 24 hours in the early weeks
- Choose the type of formula carefully – see www.resources.beststart.org/product/b19e-infant-formula-booklet
- Offer small amounts at first gradually increasing as needed.
- Watch for early feeding cues
- Pace the bottle feeding so that baby can regulate breathing and take what they need without rushing
- Be comfortable together & enjoy feeding times

LOVE ME

Learn Baby Language:

Babies communicate in many ways – crying is the last cue

- Hunger/thirst •gas discomfort •tired/over stimulated
- feeling insecure or unsafe •stressed or lonely
- More reasons ?

GET HELP IF BABY IS NOT COPING WELL

- coughing or choking or not able to breathe comfortably- may be the flow rate
- excessive crying or excessive gas – may be from drinking too fast/too much at once or it may be the type of formula
- struggles with sensitivities, skin rashes, wheezy chest etc.
- struggles to pass stools – constipation or abnormal stools

- 1.WHO and Health Canada recommend that if babies are not receiving human milk that a cow's milk formula be provided for nutrition and growth.
- 2.Specialty Formulas should only be used with medical guidance

Resources

- NUTRITION FOR HEALTHY TERM INFANTS: RECOMMENDATIONS FROM BIRTH TO SIX MONTHS
www.canada.ca/en/health-canada
- Infant Formula: What You Need To Know
www.resources.beststart.org/product/b19e-infant-formula-booklet
- Paced Bottle-Feeding Video
www.peelregion.ca/children-parenting/feeding-baby/Feeding_baby_-_peelregion.ca
How to feed your baby from a bottle using either breast milk or infant formula.
- Know the Flow. Pados et al. Reviews the flow rates of nipples/teats available in Canada.
www.pubmed.ncbi.nlm.nih.gov/30028734/
- Find a Dietician in Canada (by specialty)
https://members.dietitians.ca/Web/Web/Membership/Directory/Find_a_Dietitian_Directory.aspx
- News-and-Research UNICEF UK
www.unicef.org.uk/babyfriendly/news-and-research/baby-friendly-research/infant-health-research/

your contact information



write in your numbers

- Local Public Health Help-Line
- Family health care provider
- The nearest emergency and walk-in clinic
- Find a Dietician in Canada (by specialty)
www.members.dietitians.ca/Web/Web/Membership/Directory/Find_a_Dietitian_Directory.aspx