

## **Bottle Feeding Education Plan**

### **Getting Ready to Learn About Bottle Feeding**

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

Because this teaching is about your baby's health, the staff may explain something more than once and give you information in "bite size" pieces over several days. If there is something you don't understand **it's okay to ask us to explain.**

### **What I Need to Learn About Bottle Feeding**

By the time I leave the hospital I will be able to show or tell the staff:

1. How to make formula.
2. When and how to feed my baby.
3. How to burp my baby.
4. How much to feed my baby.
5. How I will know my baby is getting enough to eat.

### **The staff will use three questions to teach me about breastfeeding:**

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know about bottle feeding.

**What is my main problem?**

One of the most common concerns new parents have is knowing if their baby is getting enough to eat. I will know my baby is getting enough to eat if I follow the guidelines below.

**What do I need to do?**

I will be able to show or tell the staff how to make my baby's formula. I will:

- Ask my baby's health care provider to help me choose the right formula for my baby.
- Check that I have the right formula.
- Check the expiration date on the container. Do not use formula that is past the expiration date.
- Wash my hands with soap and water before preparing formula.
- Wash the top of the formula container with hot soapy water, then rinse.
- Use clean bottles and nipples. Use a bottle brush to clean all parts of the bottles and nipples.
- Follow the label instructions carefully.
- Put prepared formula in the refrigerator if it will not be used within 2 hours.
- Never heat formula in a microwave oven. These ovens do not heat evenly. Hot spots in the formula can burn my baby's mouth.
- Hold the bottle under warm tap water until the formula is slightly warm if my baby prefers warm formula.

I will be able to show or tell the staff when and how I will bottle feed my baby. I will:

- Watch my baby closely for his hunger signs. My baby tells me he is hungry by:
  - Sucking on his tongue or lips.
  - Turning his head from side to side.
  - Moving his hands toward his mouth.
  - Fussing or fidgeting.

- Feed my baby when he is awake and hungry, before he wastes a lot of time and energy fussing or crying.
- Feed my baby about every 3 to 4 hours around the clock.
- Time feedings from the start of one feeding to the start of the next feeding.
- Feed my baby about 6 to 8 times a day.
- Babies should have no more than one 4 to 5 hour sleeping stretch at night during their first week at home. I may have to wake him up to eat.
- Check the nipple to make sure formula drips out easily.
- Make sure the formula is warm but not hot.
- Touch the nipple to my baby's mouth. Wait until he opens his mouth. Then place the nipple on top of his tongue. My baby's lips should be on the widest part of the nipple.
- Never prop my baby's bottle. Never leave my baby alone with the bottle. This could cause my baby to choke.
- Each feeding should not last more than 30 minutes. Longer feedings may make my baby tired.
- If my baby does not finish the formula in his bottle, I should throw the rest away. Germs from my baby's mouth are in this formula. Germs grow very quickly, and can make my baby sick if I use this formula for a later feeding.

I will be able to show or tell the staff how I burp my baby. I will:

- Burp my baby in the middle and at the end of his feeding.
- Hold my baby with his belly against my shoulder or on my lap.
- Pat or stroke his back gently with an upward motion.

I will be able to tell the staff how much my baby needs to eat:

- During the first few days at home: at least 1 to 1½ ounces at each feeding
- By 7 to 10 days of age: 1 to 4 ounces at each feeding

I will be able to tell the staff how I know my baby is getting enough to eat by:

- My baby seems content after his feeding.
- Looking at my baby's diapers helps me know he is getting enough to eat. My baby should have:
  - 1 wet diaper during the first 24 hours after delivery.
  - 2 wet diapers on the second day.
  - 3 wet diapers on the third day.
  - 6 to 8 wet diapers per day by the end of the first week.
  - Urine that is light yellow in color by the end of the first week.
- My baby's stools change during the first week after birth:
  - Meconium is the sticky, black stool that a baby passes during the first few days after birth.
  - Stool color changes to green or yellow by the end of the first week.
  - Stools are looser and look seedy by the end of the first week.
  - The number of stools a baby has each day varies from baby to baby. My baby may have a stool after each feeding. He may stool 3 to 4 times each day, or he may only stool once a day.
  - The amount of stool in each diaper should gradually increase to at least the size of a quarter by the end of the first week.
- My baby is getting enough to eat if he is gaining weight. My baby should:
  - Start to gain weight by the end of the first week at home.
  - Be back up to his birth weight by 2 weeks of age.
  - Continue to gain between 4 and 7 ounces each week.

### **Why is this important to me?**

Following these directions will help me be successful with bottle feeding.

As part of my baby's care I have received this education plan.

## Bottle feeding Education Plan

### Resources for Staff

- [Nursing Reference Center Plus](#)- Parent Teaching- Bottle Feeding
- [Nursing Reference Center Plus](#)- How to Bottle feed Your Baby

### Teaching Tools (Items given to the patient)

- Bottle Feeding Education Plan
- Your Childbirth Experience: Pregnancy and Newborn Guide

### References:

- Academy of Nutrition and Dietetics. [Pediatric Nutrition Care Manual: Full Term Infants](#)
  - General Guidelines
  - Infant Formula Preparation and Storage
  - Signs of Hunger and Satiety
  - Issues to Consider > Stool Patterns
- American Academy of Pediatrics. Your Baby's First Year, revised 3<sup>rd</sup> edition. Shelov SP, ed. American Academy of Pediatrics, 2010.
- Satter E. Child of Mine: Feeding with Love and Good Sense. Bull Publishing, 2000.
- [Nursing Reference Center Plus](#)
- [Nursing Reference Center Plus](#)

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**Authored by:** Cindy Duff, RN and Jan Cox, RD  
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Always close each teaching session with the question, "What questions do you have for me?"

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