



# Perinatal Manual of Southwestern Ontario

A collaboration between the Regional Perinatal Outreach Program of Southwestern Ontario & the Southwestern Ontario Perinatal Partnership (SWOPP)

## Chapter 2

### BOTTLEFEEDING

#### Introduction

Breast milk is best as it is species specific and provides passive immunity as well as delaying / preventing the onset of allergy related conditions.

However, we recognize that some women will choose to bottle feed their babies. They should not be made to feel guilty or a failure if this method of feeding is chosen. Rather, they should be supported in their choice and instructed fully in formula preparation.

Properly prepared formula or expressed breast milk fed by bottle are safe alternatives to breastfeeding. If a woman chooses to feed her infant by a combination of breastfeeding and bottle, it is recommended that the introduction of bottle feeds be delayed until successful breastfeeding is established (23 weeks).<sup>1</sup>

In the non-breastfeeding infant, continue commercial iron fortified formulas for 9-12 months prior to introducing cow's milk.<sup>2</sup>

#### Hospital Practice

1. The first gastric feeding should be offered to the well infant within two hours of life. The bottle-fed baby is given full strength formula feedings on demand. Glucose water and half strength formulas are rarely, if ever, indicated.
2. To assist the mother in assessing the well-being of her newborn, a flow-sheet is kept at the baby's bedside, which she completes indicating a wet or dirty diaper, frequency of feeding, and infant settling. The nurse will sign this sheet at least once per shift, indicating that it has been reviewed.
3. Mothers feed their babies during the night and 24-hour rooming-in is encouraged.
4. Before discharge, parents are given careful instruction and pamphlets on formula preparation and sterilization of bottles and equipment.

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1 Linda Cronenwett et al., Single Daily Bottle use in the Early Weeks Postpartum, and breastfeeding outcomes, Pediatrics, 90:5, 1992, pp760-766.

<sup>2</sup> Nutrition for Healthy Term Infants, CPS97-01, reaffirmed March 2004.

[www.cps.ca/english/publications/Nutrition.htm](http://www.cps.ca/english/publications/Nutrition.htm)

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**Disclaimer**

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