Holding and Feeding an Infant
Picking Up an Infant

• Always support the infant’s:
  – Head
  – Neck
  – Back
Holding an Infant

- Cradle hold (most common)
- Shoulder hold
- Football hold
Bottle Preparation

1. Wash hands
2. Keep infant in a safe, comfortable place
3. Gather supplies
4. Prepare formula according to package directions
5. Heat prepared bottle in warmer or warm water
6. Gently shake bottle
7. Test bottle temperature
Bottle Safety

- Do not reuse leftovers (bacteria in saliva)
- Use formula within two hours of preparation; breast milk within 4-8 hours
- Use refrigerated formula within 48 hours; breast milk within 3-8 days
- Do not use cow’s milk with children under 1 year of age
### Feeding – a Time To Bond

<table>
<thead>
<tr>
<th>Bottle Feeding</th>
<th>Breastfeeding</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Hold infant in cradle hold; head should be above rest of body.</td>
<td>1. Hold infant in cradle, reverse cradle, football, or side lying position.</td>
</tr>
<tr>
<td>2. Hold bottle at 45-degree angle to avoid bubbles and resulting gas.</td>
<td>2. Support breast with the other hand.</td>
</tr>
<tr>
<td>3. Frequently talk to infant and smile.</td>
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</tr>
<tr>
<td>4. Stop to burp infant after 1/3 of the bottle.</td>
<td>4. Try burping during a natural break.</td>
</tr>
<tr>
<td>5. Resume feeding and burp again when infant has finished drinking.</td>
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Burping an Infant

• Three methods:
  – Sit upright and hold infant against your chest
  – Hold infant sitting up, in your lap or across your knee
  – Lay infant on your lap on his or her belly
Spitting Up
Is Natural

• Helpful hints:
  - Keep a burp cloth handy
  - Make feeding time relaxed
  - Feed infant before he or she becomes frantic
  - Burp frequently after every 2-3 ounces (60-90 milliliters)
  - Keep infant upright 15-30 minutes after feeding
  - Let food settle—do not jostle
  - Feed smaller amounts
  - Ensure hole in nipple is right size
When Spitting Up May Be More Serious

• Infant should be seen by a physician if he or she:
  – Spits up forcefully
  – Spits up excessively (more than 1-2 tablespoons)
  – Has fewer wet diapers
  – Is lethargic
  – Is gaining little or no weight
  – Is often hungry between feedings
  – Is irritable during and after feedings
Respond To Crying

- Determine the cause of crying
- Needs changing? Needs comforting? Hungry?
- Don’t automatically assume he or she is hungry
- Properly responding to crying teaches the infant:
  - He/she can trust you to meet his needs
  - He/she is communicating well
  - Food is for nutrition, not comfort
  - To eat and sleep on a predictable schedule
  - You care about him/her
Baby Bottle Tooth Decay

• Cause: Prolonged contact with any substance besides water

• Prevention:
  – Never put an infant to sleep with a bottle
  – Only give an infant a bottle during feeding times
## Breastfeeding vs. Formula Feeding

<table>
<thead>
<tr>
<th>Breastfeeding Advantages</th>
<th>Breastfeeding Disadvantages</th>
</tr>
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<tbody>
<tr>
<td>• Fights infection</td>
<td>• Personal discomfort</td>
</tr>
<tr>
<td>• Easy to digest</td>
<td>• Time and frequency of feedings</td>
</tr>
<tr>
<td>• Free</td>
<td>• Harder to involve other family members in feeding</td>
</tr>
<tr>
<td>• Sanitary</td>
<td>• Mother may need to watch diet</td>
</tr>
<tr>
<td>• Convenient</td>
<td>• Mother’s medical condition, medicines</td>
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<tr>
<td>• Correct temperature</td>
<td></td>
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<tr>
<td>• Fewer allergic reactions</td>
<td></td>
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<tr>
<td>• Promotes bonding with mother</td>
<td></td>
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</tbody>
</table>
### Breastfeeding vs. Formula Feeding (cont.)

<table>
<thead>
<tr>
<th>Formula Feeding Advantages</th>
<th>Formula Feeding Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Share feeding experience</td>
<td>• Organization and preparation</td>
</tr>
<tr>
<td>• Flexible</td>
<td>• Lack of antibodies</td>
</tr>
<tr>
<td>• Time and frequency of feedings</td>
<td>• Expensive</td>
</tr>
<tr>
<td>• Mother’s diet</td>
<td>• Gas, constipation more likely</td>
</tr>
<tr>
<td></td>
<td>• Not as complex as breast milk</td>
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