Postnatal formula feeding booklet
Congratulations
This booklet will complement the NHS Scotland leaflet “How to formula feed safely”

PLEASE READ THE NHS HEALTH SCOTLAND LEAFLET
“Formula feeding: How to feed your baby safely” – this will give you information on how to make up formula correctly and how to sterilise your equipment.

What formula
The recommendation is to use first milk for the first year of life. There is not any researched benefit into commencing follow on milks.
Should you ever require any support with formula feeding it is important to seek professional advice; either locally or nationally.

**Nationally**
Each formula manufacturer has a helpline
- SMA - 0800 081 8180
- Cow and Gate - 0800 977 4000
- Aptamil - 0800 996 1000
- HIPP Organix - 0845 050 1351

**Locally**
Please contact your local midwife or health visitor. If you do not have a local contact number please phone the NHS Highland Infant Feeding Advisor Karen Mackay on ☏ 01463 704842.

If your baby has vomiting, reflux, is in pain or reluctant to feed a specialist clinic runs fortnightly in Inverness.

Please contact your Health Visitor or G.P. if you are concerned about your baby and wish to be considered for referral.

Tongue tie referrals are made through your community staff but you can contact Louise Benson on ☏ 01463 704790.
Relationship Building

Your baby’s brain will grow rapidly in size from about 400g at birth to 1,000g at one year. Research tells us that one of the most significant factors to influence this early brain development is the relationship between a parent and their baby. This in turn improves the long term emotional and social health of your baby. Babies love looking at the faces of their carers and will watch and follow your face. As they get older they will focus more and listen intently to your voice. At this stage it is great to:

• Make eye contact with your baby.
• Be aware of the tone, pitch and rhythm of your voice.
• Make smiley facial expressions.
• Use lots of gentle touch.
• Sing wee nursery rhymes – they don’t mind if you can’t sing.
• Remember you cannot spoil your baby with love or by giving them attention. Babies need to feel safe and secure and more importantly they need to know you are there to care for them.
• Babies who are regularly left to cry have been shown to have high levels of cortisol which can stunt brain development, so crying needs to be responded to.
Ways to build on your relationship and aid your baby’s brain development are:

• Respond to their needs – feeding, changing nappies, cuddling and bathing.

• Keep them close both during the day and at night, rooming in at bedtime for the first 6 months of life, a cot is the safest place for your baby to sleep in your room. Using a sling during the day is a great way to keep them close and enables you to move around and do things.

• Interact with your baby through touch, smiling, talking and singing.

• Encourage your partner to do the same.

Demand feeding is now referred to as responsive feeding. So really responding to your baby’s needs and not sticking to rigid regimes. If your baby is sick or has a problem sometimes a regime of 3 hourly feeds is common practice but at all other times responsive feeding is encouraged.

Your baby doesn’t come with an instruction manual so it is perfectly ok to ask for help if you feel that things are getting too much for you. It is a huge transition from being pregnant to having a wee baby dependent on you and seeking help can have a positive impact on both you and your baby’s well being.
Skin to skin contact is really important. Early and prolonged skin to skin contact builds on the relationship you started with your baby in pregnancy.

We know through research that the quality of early relationships between parent and baby improves the long term emotional and social health of your child.

Ways you can help build this relationship include:

• Responding to your baby’s needs - feeding, changing nappies, cuddling, bathing.

• Keeping them close - rooming in at the hospital, keeping your baby in your bedroom until they are 6 months old, keeping your baby close during the day.

• Smiling, talking, singing.

• Touch, stroking.

All will have a positive effect on the mind, brain and emotional development of your baby.
Your baby’s brain development

Oxytocin fertilises the brain aiding development while high levels of cortisol (a stress hormone) can stunt brain development.

Babies who grow up in loving and caring environments thrive. If babies are subject to high prolonged levels of stress, cortisol levels can be constantly raised restricting brain development. It is important to be responsive to your baby’s needs.

A baby who grows up in a loving and nurturing environment has the best chance to grow into a well adjusted adult who will contribute positively to society.
Feeding cues

Your baby will let you know when they need a feed by:

• Rooting - turning head and opening mouth as if looking for a feed.
• Licking - sticking out tongue or licking lips.
• Becoming increasingly alert.
• Flexing arms and legs as if having a good stretch.
• Taking hands to mouth and maybe sucking on their fist, fingers or blanket.

A crying baby is a late feeding cue.

Don’t be afraid to cuddle, stroke or talk to your baby as this will give him added security. You cannot spoil babies with lots of love and cuddles.

Baby tummy size

Your baby requires several feeds over 24 hours because of the size of his stomach.

<table>
<thead>
<tr>
<th>Baby’s age</th>
<th>Size of stomach</th>
<th>Size of a</th>
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</thead>
<tbody>
<tr>
<td>Newborn</td>
<td>5-7ml</td>
<td>🍒</td>
</tr>
<tr>
<td>Day 3</td>
<td>22-27ml</td>
<td>🥜</td>
</tr>
<tr>
<td>Day 7-10</td>
<td>45-60ml</td>
<td>🍊</td>
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<tr>
<td>One month</td>
<td>80-150ml</td>
<td>🍳</td>
</tr>
</tbody>
</table>
Important points you need to know when formula feeding your baby

• Hold your baby close.
• Calm your baby by talking gently to them.
• Hold your baby semi-reclined rather than totally flat.
• Encourage your baby to root by using a clean finger or by moving the teat against her top lip.
• When baby opens her mouth, gently place the teat in – NEVER force it in.
• Tip the bottle so that the teat fills with milk.
• Pace the feed by removing the teat when the baby’s sucking slows to give a natural gap in the feed.
• Remember a teat is a strong stimulus and when in a baby’s mouth she will be forced to suck as this is a reflexive action.
• Whoever is giving the baby her feed needs to watch her signals so as not to overfeed.
• Don’t ever force your baby to take the whole feed – follow her appetite and accept when she pushes the teat out with her tongue.
• It is important to limit the number of people who feed your baby as they all use different techniques and this can be stressful for your baby.
• After the feed gently sit her up or place her over your shoulder so that she can burp.
• She may posit when burping so it’s always a good idea to have a wee cloth or muslin on your shoulder or over your knee.
How can I tell that formula feeding is going well?

<table>
<thead>
<tr>
<th>Formula feeding is going well when:</th>
<th>Talk to your midwife or health visitor if:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your baby is having 6 – 8 feeds per day</td>
<td>Your baby is sleepy and takes less than 6 feeds per day</td>
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<tr>
<td>Your baby has normal skin colour</td>
<td>Your baby appears jaundiced – yellow discoloration of the skin</td>
</tr>
<tr>
<td>Your baby is taking no more than 150mls for every kg in weight every 24 hours</td>
<td>Your baby regularly takes less than 1 oz/30mls at each feed</td>
</tr>
<tr>
<td>I.e if your baby is 4kg then the daily feed should be no more than 600mls</td>
<td></td>
</tr>
<tr>
<td>Your baby may put up small posits while burping</td>
<td>Your baby is having large vomits after a feed</td>
</tr>
<tr>
<td>Your baby is passing frequent urine and nappies are wet</td>
<td>Your baby is not passing urine – may appear concentrated in colour</td>
</tr>
<tr>
<td>Your baby is passing stool</td>
<td>Your baby is constipated – stool is hard in appearance</td>
</tr>
</tbody>
</table>

Overfeeding of formula is common as the teat stimulating the roof of the baby’s mouth makes her suck.

It is hard for your baby to digest large volumes, so try not to overfeed.
Vitamin D

Vitamin drops with added vitamin D are recommended for formula fed infants from six months old or who are having less than 500ml (one pint) of infant formula a day.

Healthy start vitamins are available free if you are entitled to Healthy Start or for a small charge if you are not entitled to Healthy Start.

For more information please look at the Healthy Start website 🌐 www.healthystart.nhs.uk/healthy-start-vouchers/healthy-start-vitamins/
Bed sharing

The safest place for your baby to sleep is in a cot next to your bed.

It is **NOT** recommended that you bed share if you are formula feeding your baby.

**NEVER** fall asleep with your baby on an armchair, sofa, camp or blow up bed.

Keep your baby close

Your baby will be with you at all times in the hospital (this is rooming in). This will help you get to know each other and enable you to recognise feeding cues. It is also beneficial for night time feeds. There are no nurseries in the hospital and if your baby is taken away from you it may result in her being left unsupervised.

At home it is recommended that your baby sleeps in a cot in your room until she is at least 6 months old.

You will be given an additional leaflet ‘Caring for your baby at night’ which will explain this in more detail.
Weaning

Use first stage milks for the first year of life.

Babies are not developmentally ready for other foods until about 6 months (26 weeks).

Why wait?
• Your baby’s kidneys will be mature enough to cope with an increased concentration of different nutrients.
• Reduces the risk of gastroenteritis (tummy bugs).
• Protects the baby’s immune system so reduces the risk of infections.
• Reduces the risk of developing food allergies and intolerences because baby’s bowel has matured enough.
• Your baby will have enough enzymes to digest starchy foods and fat.
• Reduces the risk of developing obesity.

Also leaving solid foods until 6 months means that babies can move onto mashed/lumpier food quicker as they
  - are able to sit up with minimal support.
  - are able to hold their head steady.
  - are able to pick up food and put to mouth.
  - are able to chew.

Never wean before 17 weeks old.
Building your own special baby bond

Mums and dads interact with their children in completely different ways and you will form your own individual relationship with your baby.

Skin to skin contact is not just for mums, your baby will find your chest very warm and cosy too.

Change your baby’s nappy, bathe her, make the most of eye contact, talking and playing.

What can you do?

• Take as much time off work as you can.
• Be around to take over some household chores. Don’t refuse help from anyone that offers, it will allow you to spend time with your family.
• Tell your partner what a great job she’s doing.
• If she is having difficulties encourage her to ask for help from a professional.
• When the midwife/health visitor calls stay and be involved in the discussions.
• Keep an eye on how many visitors you receive and how long they stay.
• Provide regular food and drink for your partner, to help her keep her energy levels up.
• Encourage her to sleep when your baby sleeps.
• Play, bath and take your baby for walks.

Most importantly enjoy the time you have together with your newborn.
Quick guide to what’s in formula

First milk is recommended for the first year of life.

Formula milk is made from cow’s milk that has been treated to make it suitable for babies.

• Whey - watery, easily digestable protein.
• Casein - a protein which takes much longer to digest, based on a curd of cows milk.

Milks to avoid under 1 year
• condensed milk
• evaporated milk
• dried milk
• sheep’s milk
• goat’s milk
• rice, oat and almond milk
• cow’s milk as a drink

We are happy to consider requests for translations in alternative languages and formats.