

# Bottle Feeding



## HEALTHY EATING

- Only give expressed breastmilk, infant formula or cooled boiled water in your baby's bottle.
- If you choose to use an infant formula always follow the directions on the infant formula container to make up your baby's bottle.
- Hold your baby close to you when feeding and take the bottle away when your baby has finished. Let the baby decide the amount they drink.
- Put your baby to bed without a bottle.

## BY 12 MONTHS YOUR CHILD SHOULD BE ABLE TO USE A CUP BY THEMSELVES. GIVE UP THE BOTTLE.

- The dangers of prolonged bottle use include tooth decay, middle ear infections and speech problems.
- Babies can be taught to use a cup after six months of age. They can learn on a sipper cup.