

Bottle feeding

Feeding your child

Feeding time is a fantastic opportunity for a mother and her child to be together, both providing and feeling closeness, which children have a great need for.

Mothers should try to make breastfeeding times as uniform as possible by always holding their children in their arms when feeding, and being available for eye contact. Both the child and the person feeding him or her feel physical and emotional contact by keeping the child's skin next to theirs.

Only the mother or the father should feed the child for the first few months to provide the best possible conditions for connecting with each other, with others feeding only occasionally.

Children do well with a lot of body contact, experiencing warmth, security, and comfort in someone's arms. It's important that both the child and the person feeding feel comfortable during feeding time.

Bottled food

Breast-milk substitutes, also called formula, can be found in all grocery stores. There are different brands, but there should be formulas for infants from the first week of life. There are also ready-made substitutes in Tetrapak. It can be good to have these while travelling, or at home for safety's sake.

When the child grows and needs to switch to another type of formula, the parents can easily consult with the county children's health service.

Feeding bottles and nipples can be bought in grocery stores, at the pharmacy, and in stores that sell children's supplies. Several of them will be needed. The nipples must have a small hole designed for formula. It should drip slowly when the bottle is held upside down.

Clean hands and feeding bottles

Take care to ensure that the nipple, bottle, and kettle are clean. The water from the tap should always be cold; let it run a little so that water that has stood still in the pipe is not used.

Your hands must be washed before preparing formula!

Children are born without intestinal flora, and their immune systems are undeveloped. Rinsing the bottle and nipple carefully with cold water after every mealtime is therefore important. This loosens the milk proteins.

Once a day the bottle should be washed in a machine or by hand. If they are washed by hand, the bottle and nipple should be boiled for five minutes once a day. Bacteria can grow in an unwashed bottle.

