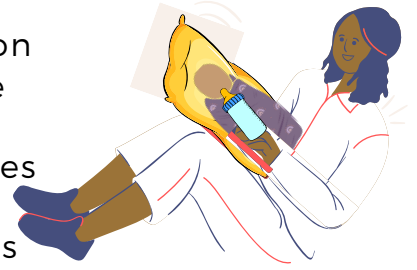


Elevated Side-Lying Bottle Feeding

Positioning

When bottle feeding, an elevated side-lying position helps babies to stabilize their bodies and coordinate feeding skills. It is especially helpful for premature babies, term babies who are 0-3 months old, or babies with breathing concerns.



What might this look like for you? Sit with your legs bent and your knees elevated. Place a pillow on your thighs - this is where your baby will be. Lay your baby on their side with their feet gently supported against your abdomen. Alternatively, you can do this position with your baby tucked beside your body - similar to a "football hold" in breastfeeding. Their hips will have contact with your body but their chest will not.

You can keep your baby's head stable by placing your fingers and thumb on the bone behind their ears. Try to keep contact away from in front of their ears as this can cause babies to get mixed signals and worsen feeding coordination.

Flow

For babies who are being introduced to bottles, we want to start them on a slow flow to encourage active engagement. Your baby is always a feeding partner so we will be watching their breathing, swallowing and communication signals. From there, we may tailor the flow of a bottle to the flow of the breast, or to their breathing needs. In general, Dr. Brown's is the brand with the most control and variation in flow rates.

Signs of Stress

When any of these signs appear, see if it helps to adjustment position or flow. If not, it may be time the feeding end. Remember: We want a good *quality* in these feeds. That will build skill. It is much more important to make progress in the quality of their feeds - the quantity they drink will follow. You will see more consistent progress with taking in greater volumes when they have built a secure foundation of skill.

These signs may appear if

- Positioning needs to be adjusted.
- The flow is too fast.
- Your baby is losing their feeding coordination.

They may benefit from a break before resuming their feed.

Common Signs to Watch For:

- Leaking Milk
 - This is often one of the first signs you can see.
- Holding their breath
 - You want at least one breath taken per swallow.
- Furrowing their brow
- Eyes going very wide,
- Squeaking in as they try to inhale,
- Sputtering or gagging on milk,
- Throwing arms out wide,
- Turning away from the bottle nipple.
- Attempting to pull their head away.

