Introducing a Bottle

Shortly before you return to work, it may be a good idea to begin introducing your baby to a bottle. Don't get frustrated if your baby refuses - chances are, he is just used to the closeness and familiarity of nursing. You may need to have someone else introduce the bottle.

1. Choosing a Bottle

Choosing the right nipple is more important than choosing a bottle. A slow flow nipple that is similar to the flow at the breast will work best.
2. Find The Right Time

Try offering a bottle when your baby is just beginning to show signs of hunger or just before regular feeding times.

3. Set The Mood

- Use breastmilk, the familiar taste will be a comfort to the baby
- Leaving something that has your scent if baby is with a caregiver will also be a comfort.

4. Keep It Casual

- If baby refuses the bottle, try again in 5-10 min. If baby refuses after that, try to avoid nursing right away. This may result in baby seeing nursing as a reward for refusing the bottle. Try bathing or taking the baby outside for a few min.
- Keep trying and stay patient, your baby is learning a new skill. And remember to reach out to an IBCLC or CLC for help.