

Bottle Feeding

It is important to be organised in order to reduce disturbance when bottle feeding at night. Powdered milk is not sterile and can cause infections if made up in advance. Therefore you will need to make up feeds during the night. However, you can make this easier by having bottles and teats ready sterilised, the powder measured out and boiled water kept in a vacuum flask.

The vacuum flask does not need to be sterilised but should be clean and only used for your baby. The water used to make the feed needs to be above 70°C. If the flask is full and securely sealed, the water will stay above 70°C for several hours.

You may also choose to use ready-to-feed milk at night.

Ask your midwife or health visitor for information on how to make up bottle feeds safely.

Never force your baby to take more than she needs in the hope that she will sleep for longer as this can cause her to become colicky and distressed and may result in her becoming overweight in the long term. Don't add cereal or any other substance to feeds as this is dangerous for your baby. Always follow manufacturers' guidelines with regard to amounts to make up bottle feeds safely.

Breastfeeding is the healthiest way
to feed your baby.

If you decide not to breastfeed or
to stop breastfeeding,
it is possible to restart.

Giving infant formula to a breastfed baby
will reduce your milk supply.

You do not need to eat any special foods
while breastfeeding,
but it is a good idea for you,
just like everyone else,
to eat a healthy diet.



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Caring for Your BABY AT NIGHT



PATIENT EDUCATION LEAFLET



A Guide for Parents

Caring for Your Baby at Night



Becoming a parent is a very special time. Getting to know your new baby and learning how to care for her needs can be one of the most rewarding experiences of your life. However, it can also be challenging, especially when you are tired and your baby is wakeful and wanting to feed frequently during the night.

It might be reassuring to know that it is both normal and essential for your baby to feed during the night. Babies grow quickly in the early weeks and months of their lives and have very small stomachs. Therefore they need to feed around the clock to meet their needs.

While it can be frustrating when your sleep is disturbed during the night, it can also be a lovely quiet time to be with your baby away from the bustle and distractions of daytime. Babies rely on the security and comfort of being close to their parents and need this at night as well as during the day.

Getting Some Rest

It's important to make sure you create the right environment to help you get as much rest as possible.

Keep the room fairly dark – switching on the light wakes everyone up and is not usually needed when you are feeding and comforting your baby.



Keep your baby close. The safest place for your baby to sleep is in a cot by the side of your bed. This means you can hear your baby and respond to her needs before she starts crying or becoming distressed, and reach her easily without having to get up.

Try not to stimulate your baby too much. As soon as she starts waking, offer her a feed so she doesn't get too upset and difficult to settle. Talk to her in a soft, quiet voice and avoid changing her nappy or clothing unless really necessary.

Early Feeding Cues

- ☆ Sucking Fingers
- ☆ Restlessness
- ☆ Murmuring sounds

Breastfeeding

Many women choose to feed their baby whilst lying in bed. Ask your midwife or health visitor to help you find a safe and comfortable position.

Tips for Partners

- Make sure your breastfeeding partner is comfortable.
- Pass her things, so she doesn't have to reach for them.
- Bring her drinks and snacks and make sure that she has a glass of water at hand as breastfeeding can be thirsty work.
- Give plenty of support
- breastfeeding is important for your baby's and your partner's health.