

# Bottles & Breastfeeding

*"My Baby won't take a bottle."*

If your baby is refusing a bottle, try some of these tips. Since all babies have different preferences, you will see that some of the tips contradict each other. Find what works for you and your baby!

## Bottles & Milk

- Use a small amount of milk
- Slow-flow nipple
- Warm nipple
- Cold milk
- Soak the nipple in breast milk
- Use unscented dish soap to wash the bottle and nipple
- Use freshly pumped milk
- If the milk was frozen, check for lipase

## Alternatives

- Sippy cup
- Straw cup
- Open cup
- Finger feeding
- Eye dropper

## Reverse Cycling

Some babies choose not to take a bottle. For short periods of time, they may not need to have milk.

For extended time, they may choose to go without milk when away from the breast, and get all their milk in the evening and overnight.

## Offering the Bottle

- Nursing parent offers the bottle
- Caregiver other than the nursing parent offers it
- Nursing parent leaves the house
- Distraction - music, standing in front of a mirror, playing
- Movement - bouncing on an exercise ball, walking around, swaying
- Wear baby facing outward
- Offer when sleepy or completely asleep, in a side position
- Let the baby play with the bottle
- Skin to skin
- Wrap bottle in nursing parent's clothes
- Offer while bathing
- Offer when baby is not hungry
- Start the feeding at the breast and then move to the bottle

**Take your time. Your baby cannot be forced into taking a bottle through hunger and persuasion. You may have to work on it over time.**

