

Caregiver Tips for Bottle Feeding Human Milk



This is helpful information to share with anyone caring for your baby while you are at work.

Talking with caregivers

- Share your feeding goals to ensure they can support you along your journey.
- Share your baby's feeding routine:
 - Depending on your baby's age they may eat between 2-4 oz per feeding.
 - In 8-10 hours your baby will likely eat 3-4 times.
 - Ask your caregiver if you can provide an extra portion of milk to be kept in their freezer for back up.
- Share your baby's calming methods, such as bouncing, patting the bottom, or swaying, etc.

Share helpful tips

- [Safe handling of human milk](#). Includes guidelines for prepping and storing of your milk.
- [Paced bottle feeding](#). This is a way to better mimic the pace of feeding at the breast/chest.
- [Signs of hunger and fullness](#). Understanding the babies feeding cues can prevent overfeeding.
- [Cleaning, sanitizing, and storing bottles](#). Provides answers to commonly asked questions when handling infant feeding items.
- It's recommended to use the fresh milk before frozen.



If you want to nurse your baby when you pick up, be sure to call or text your caregiver so they do not feed your baby right before you get there.