

**UMATILLA-MORROW EARLY HEAD START**  
**BOTTLE FEEDING PROCEDURE**

- Wash hands with warm, soapy water and dry with paper towels before feeding a child.
- NEVER MICROWAVE A BOTTLE. If the child needs a warm bottle, hold the bottle under warm, running tap water or place the bottle in a container of water that is no warmer than 120 degrees F. The bottle may be left in a pot of water to warm for no more than five minutes.
- If a bottle has been fed over a period that exceeds an hour from the beginning of the feeding or has been unrefrigerated for an hour or more, dispose of the formula/milk and wash, rinse, sanitize and air dry the bottle.
- Check the temperature of the formula before feeding an infant. Before feeding, turn the bottle upside down and allow a drop or two of formula to fall on your wrist to test the temperature. Do not touch the bottle nipple to your wrist.
- Hold the infant during feedings. Tip the bottle so that milk fills the nipple and air does not get in. Hold the child's head higher than the rest of their body to prevent milk from backing up in the inner ear which can lead to ear infections. If the child can hold his or her own bottle, allow them to do so as long as they are sitting in an upright position.
- NEVER PROP A BOTTLE IN A CHILD'S MOUTH. This can cause ear infections and deprives the child of important cuddling and human contact.
- DO NOT allow a child to go to sleep with a bottle. This can lead to baby bottle tooth decay.
- Feed until the child indicates fullness. Signs of fullness include sealing of lips, absence of a suckle reflex, spitting out the nipple, and loss of interest. Never force a baby to finish a bottle. Babies are the best judges of how much they need.
- After feeding, burp the child by gently patting or rubbing their back while they are resting on your shoulder or sitting on your lap.
- Dispose of any milk/formula that remains in the bottle after feeding. Never return it to the refrigerator.
- Each bottle should be washed, rinsed, sanitized and allowed to air dry.