

# Introducing a Bottle to your Breastfed Baby

## Why

---

- You expect to be separated from baby for feedings (ex. to return to work)
- Your medical provider has recommended supplementation (after your milk has “come in”)
- Note: “Sharing feeding responsibilities” with another caregiver is not a recommended reason to offer a bottle

## When

---

- Do not introduce a bottle before 3-4 weeks of age to establish breastfeeding
- After about 2 months, the baby will lose its suck reflex and it will be harder to teach bottle feeding

## How

---

- Recognize hunger cues to feed baby on demand
- Choose a bottle with a tapered teat to encourage a wide latch
- Utilize a [paced bottle feeding technique](#) to mimic breastfeeding
- Every time you offer a bottle, the breastfeeding parent should pump to protect the milk supply

## What

---

In order of preference:

- Parent’s own fresh expressed breastmilk
- Parent’s own reheated breastmilk\*
- Donor milk from a milk bank
- Artificial baby milk/formula