

## Combination feeding checklist

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Combination feeding, also known as mixed feeding, with bottle and breast can take a while for you and baby to adjust to. Here are some combination feeding tips to make it easier.

- ☐ Wait until breastfeeding is well-established as changes can interfere with mom's supply.
- ☐ This should help to prevent nipple confusion too—when your baby gets more familiar with the feel of a bottle teat, and has trouble latching onto your breast due to the different way he has to suck it.
- ☐ Using formula milk will reduce the amount of breast milk your body produces.
- ☐ Start with one bottle-feed a day. Make sure baby isn't hugely hungry for the first one, it's best if they're relaxed and happy.
- ☐ Try to set a combination feeding schedule of bottle-feeding or breastfeeding at the same time each day. It doesn't have to be rigid, just make sure you're responding to your baby's "I'm hungry" cues.
- ☐ If you're returning to work, try to introduce combination feeding to your baby a few weeks before.
- ☐ Make up each formula feed as and when you need it. Check you're following the manufacturer's preparation and storage instructions.
- ☐ Ready-to-use formula cartons can be handy for combination feeding.

☐ For hygiene reasons, discard unfinished feed as soon as possible. If your baby struggles with bottle-feeding, try different teats until they're happy.

## **SOURCES:**

**<https://www.smababy.co.uk/newborn/introducing-bottle/>** <sup>[1]</sup>

**Source URL:** <https://www.babyandme.nestle.info/6-12-months/combination-feeding-checklist>

## **Links**

[1] <https://www.smababy.co.uk/newborn/introducing-bottle/>