

# Transitioning from Nursing to Bottle Feeding

## *Tips and Guidelines*



- **Don't rush it!** If possible, wait until your baby is three or four weeks old before offering the first bottle in order to keep breastfeeding relationship healthy, if your goal is to do both and pump for your baby. Synthetic nipples require a different sucking technique than the breast and are easier for baby to drink from, but may have a faster flow than some nursing babies prefer.
- **Enlist a helper:** Your baby may accept a bottle of breast milk or formula more easily from someone else, as he or she associates you with feeding from the breast. Once your child is comfortable with the bottle, she'll be ready to take one from you.
- **Be patient.** Allow your baby to nurse briefly on one breast, and then try offering a bottle. Some babies may prefer that the synthetic nipple be warmed first, and you may need to try several different brands of bottle until you find the right fit.
- **Keep trying!**

### OTHER RESOURCES FOR NURSING MOMS AND TRANSITIONING TO BOTTLES

- BREASTMILK STORAGE GUIDELINES  
<http://www.kellymom.com/bf/pumping/milkstorage.html>
- WORKING, PUMPING, AND EVERYTHING IN BETWEEN  
<http://www.kellymom.com/bf/pumping/>