

UNICEF UK BABY FRIENDLY INITIATIVE

BOTTLE FEEDING ASSESSMENT TOOL

How parents and midwives/health visitors can recognise that bottle feeding is going well				
What to look for/ask about	✓	✓	✓	✓
General health and wellbeing of the baby				
Around six heavy, wet nappies a day by day five				
At least one soft stool a day				
Appropriate weight gain/growth				
Is generally calm and relaxed when feeding and is content after most feeds				
Has a normal skin colour and is alert and waking for feeds				
Feed preparation				
Equipment washed and sterilised appropriately				
Parents know how to make up feeds as per manufacturer's guidelines				
Responsive bottle feeding				
Parents are giving most of the feeds and limiting the number of caregivers				
Parents recognise early feeding cues				
Parents hold their baby close and semi-upright and maintain eye contact				
Pacing the feed				
Bottle held horizontally allowing just enough milk to cover the teat				
Baby invited to take the teat				
Baby observed for signs of needing a break and teat removed or bottle lowered to cut off flow				
Finishing the feed				
Parents recognise signs when baby has had enough milk (turning away, splaying hands, spitting out milk)				
Baby is not forced to finish the feed if showing cues that they have had enough				
Expressed breastmilk				
Mother is expressing her breastmilk effectively and storing it safely				
Mother is maximising her breastmilk if that is her goal				
Infant formula				
First stage milk is used				
Leftover milk is discarded at the end of the feed				
Date:				
Midwife/health visitor's initials:				
Care plan commenced:				

Note: If any responses are not ticked, consider watching a feed and developing a care plan. Refer for additional support if needed.