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feeding

From breast and bottle-feeding through
to weaning and highchairs





At Mothercare we know that a well-fed baby is a contented baby, and we've used our unparalleled expertise to develop a brilliant range of feeding products. Carefully researched and developed, our feeding range combines the safest materials and the most effective designs, to create a feeding experience that is kind, comforting and really successful, both for you and your baby. We're here to help you every step of the way – from breast to bottle and beyond. You can also discover a world of helpful advice and information in our stores.

Breastfeeding

It's always a good idea to try to breastfeed your baby even if you're not sure it's going to be right for you. Available on demand, at the right temperature and in the right quantity, breast milk provides all the essential nutrients your baby needs. It is easily digested, has antibodies to boost baby's immune system, and lowers the risk of eczema and diabetes.

However, it's not always easy, so make sure you ask your midwife to show you how to "latch" your baby on properly, keep asking for reassurance and advice until it is second nature. You may need to persevere, but it will definitely be worth it because although you can start breastfeeding and later change to bottle, it's not as easy to do the other way around.

Expressing

Once breastfeeding is established you can think about expressing some of your milk. This could help Dad feel a bit more involved, and offers you the chance of a well-earned break! Ask friends, your midwife or health visitor for their recommendations as different types of breast pumps (manual or battery-operated) work for different women. You'll need to make sure the pump and containers are properly sterilised, but any expressed milk can be labelled and stored in the fridge for 24 hours, or in the freezer for three months.

Breastfeeding advice:

- ask your midwife or health visitor if you experience any pain or problems
- look out for breastfeeding information classes run by your local baby clinic, maternity hospital or the National Childbirth Trust

TRIPP TRAPP®

The chair that grows with the child™



Design: Peter Opsvit

www.stokke.com



TRIPP TRAPP® is developed with your child's needs in mind, and is made to grow with the child from the moment they are able to sit and all through their childhood and teenage years. The unique children's chair has both height and depth adjustable seat and foot plate which allow your child to sit safe and comfortable. Tripp Trapp® lifts your child up to the table to enjoy meals and activities with the rest of the family without straining their body. Tripp Trapp® is not just a chair, it's an entire philosophy, and a friendship that will last forever.



Tripp Trapp® Baby Set

Tripp Trapp® Custom

Stokke® Harness

STOKKE™

Bottle feeding

However you choose to feed your baby, there comes a time in most new mum's lives when they need to get to grips with bottle feeding whether using expressed breast milk or formula.

Although there's no doubt that breast milk is the best option for your baby, baby milk powders are specially formulated to give your baby every nutrient he needs. If you hold your baby close, look into their eyes, and stroke their soft cheek as you feed, you can create the wonderfully close bonding atmosphere of breastfeeding.

Which bottle and teat?

With such a huge choice of bottles and teats available it can be difficult to know which to choose. Our advice is to try starting with a simple bottle and teat and experiment with some of the clever new designs if your baby isn't happy. When you find the one you both like, you'll need about four to six bottles and eight teats.

We recommend changing the teats every 2-3 months and progress from slow to faster flow as your baby grows. Newborns are usually happy with a slow-flow teat (which has a small hole), and can move up to medium-flow after a month or so. Fast-flow teats are great for older, hungrier babies. Alternatively, clever vari-flow teats allow baby to control the flow rate themselves.

A baby fed on both breast and bottle may prefer the new First Years Breastflow bottle (exclusive to Mothercare) which allows your baby to get milk by combining a sucking action with the compression he'd have to make on your nipple to extract milk. This avoids a situation where the baby gets used to the easy action of bottle feeding and forgets how to suck properly on the breast.

Weaning

When your baby is around six months old you can gradually start introducing solid foods. This is a big – and very exciting – step for you and your baby so don't rush things. Great first foods are mashed, cooked vegetables and fruit (try sweet potato, carrot, apricot, pear, banana) or a little baby rice

mixed with formula or breast milk. Try just one spoon at a time, and if your baby doesn't appear interested – simply try again on another day. By 6-9 months you can start to offer more variety and finger foods such as cooked carrots, cubes of cheese, or strips of toast for your baby to chew.

Keeping things clean

All milk breeds bacteria so our feeding equipment needs to be kept very clean. Wash bottles, teats and breast pump (if you use one) very thoroughly with a bottle brush and washing up liquid, then

Bottle feeding tips

- only use formula or breast milk (cows milk is not suitable for babies under 12 months old)
- when using powdered milk, always follow the instructions
- wash and sterilise all your equipment to reduce the risk of infection
- new guidance now advises mums to make up a fresh feeds each time their baby wants one, rather than storing them in the fridge. This is because powdered infant formula is not sterile so good hygiene practices are essential in preparing and storing powdered formula. When making up a feed the water should be allowed to cool to no less than 70°C, in practice this means using water that has been left covered, for no less than 30 minutes after boiling. If your baby is pre-term or low birth weight using ready to feed liquid formula, which is sterile, in place of making up powdered infant formula, is considered the safest option. For more information speak to your midwife or health visitor
- always throw away any left over milk even if your baby has hardly touched it – never re-heat formula milk, expressed breast milk or baby food

Orthodontic teats

are shaped to be kinder to growing baby teeth and are approved by the British Dental Health Foundation



Anti-colic teats

reduce the intake of air as baby feeds



Mothercare dimpled

is a dimpled teat which imitates the natural nipple feel



Weaning tips

- don't add sugar or salt to your baby's food
- never leave your baby unattended with food
- check out www.mothercare.com for more advice, or see www.food.gov.uk/child

sterilise. This means using a cold water steriliser, electric steam or a microwave steam steriliser. Carefully, read through all the instructions before you start using any sterilising system.



BABYBJÖRN® Soft Bib

The **BABYBJÖRN® Soft Bib** is ergonomically designed to fit your child perfectly and has a deep pocket to catch food spills. The neck, designed like a bead necklace with continuous fastening, is individually adjusted to fit your child.

The **BABYBJÖRN® Soft Bib** is easy to clean and is dishwasher safe.



BABYBJÖRN® Plate and Spoon

The **BABYBJÖRN® Plate and Spoon** are dishwasher safe and can be used in the microwave (maximum 90C degrees / 194F). All materials are approved for food use.



BABYBJÖRN® Spoon

The **BABYBJÖRN® Spoon** has a short handle to make it easy for small children to learn to eat by themselves. The **BABYBJÖRN® Spoon** can be used naturally with either hand. The **BABYBJÖRN® Spoon** is sold in packs of two, but is also included in The **BABYBJÖRN® Plate and Spoon** set.



BABYBJÖRN® Eat and Play Smock

Made from soft, waterproof and breathable material, the **BABYBJÖRN® Eat and Play Smock** provides protection at mealtimes. It can also be used when your child is painting, drawing or perhaps helping out in the kitchen. The **BABYBJÖRN® Eat and Play Smock** is durable, easy to wipe clean and machine washable.