

# Bottle feeding

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Whether you have chosen to feed your baby expressed breast milk or formula milk via a bottle, these tips will help you keep your baby safe whilst building a close and loving relationship between you.

## Preparation

Bottles and teats need to be thoroughly cleaned and sterilised in order to kill any harmful bacteria. Follow the instructions on your chosen steriliser regarding this. Formula milk should be made up in line with the packet instructions, always read the label carefully.

## Key facts about expressed breast milk:

- You can store expressed breast milk in a sterilised container in the fridge for up to five days, or in a freezer for up to six months
- frozen milk is best defrosted slowly in the fridge. Expressed breast milk can be given straight from the fridge or warmed up by placing the bottle in a jug of warm water
- once defrosted, use within 12 hours and do not re-freeze. Dispose of any unused milk following a feed.

