

## Speech and Language Therapy

# Choosing a bottle for your baby

You may choose to breastfeed, bottle feed or to combine bottle and breastfeeding (mixed feeding).

### If you choose to bottle feed or mix feed:

- it helps your baby if you can bring in your own bottle and teat to use whilst they are in hospital
- it means your baby will have time to get used to the teat and practice bottle feeding before going home
- there is not a recommended brand of bottle to use

### Advice when choosing a bottle

- It is helpful to choose a teat with a slower flow.
- If milk flows from a bottle too quickly, it can be difficult for your baby to coordinate their sucking, swallowing, and breathing.
- A slower flow teat will support positive and responsive feeding.

### These bottles and teats offer a slow flow

MAM Level 0	Dr Brown's Preemie	Nuby Natural touch Slow Flow	MAM Level 1	Avent anti colic Level 1	Tomme Tippee Level 1
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Slow

Faster




## Patient Information

### Information about flow rate

- “Flow rate” means how quickly the milk flows from the teat into your baby’s mouth.
- Babies needing neonatal care benefit from slower flow rate. It helps them to safely develop their feeding skills.

**The table below lists the flow rates of teats that are available to buy. The teats are listed from slow to fast.**

Brand of bottle	Teat level	Flow rate mls / minute	Slow
MAM	Level 0	4.8	
Dr Brown’s Preemie	Preemie	5	
Nuby Natural Touch	Slow	5.7	
MAM	Level 1	7	
Avent Anti colic	Level 1	7.3	
Avent	Level 1	7.3	
Tommee Tippee	Level 1	8.3	
Dr. Browns (standard neck)	Level 1	9.2	
NUK First choice+ silicone	Size 1 small feed hole	17	
NUK First choice+ latex	Size 1 medium feed hole	26	
NUK First choice+ silicone	Size 1 medium feed hole	31.3	
			<b>Faster</b>

Please speak to your baby's team:

- if you are unable to provide your own teat and bottle
- if you require further advice and support with bottle feeding

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 02476967006 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

## Patient Information

### Did we get it right?

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#### Document History

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