

Betsi's Aunt is expecting her first baby and is considering how she will feed her new baby. Research into the advantages and disadvantages of breastfeeding and bottle feeding.

Advantages of breastfeeding



Advantages of bottle feeding



Disadvantages of breastfeeding

Disadvantages of bottle feeding

Background information

Breastfeeding information

Breast milk provides all the goodness and nutrients a baby needs and gives the baby the best start in life. Breast milk contains antibodies which help provide immunity against illnesses such as colds and coughs.

Breastfeeding is completely natural but it can take time for mothers and babies to learn how to do it together. It takes practice to get the correct technique.

Babies who are NOT breastfed may be more likely to suffer from:

- Sickness and diarrhoea - sometimes having to attend hospital because of it.
- Chest infections— sometimes having to attend Hospital.
- Ear infections.
- Being fussy eaters.
- Being constipated.
- Being overweight or obese—which in turn could lead to Type 2 Diabetes or other illnesses later in Life.
- Developing eczema.



Breastfeeding is good for mothers as:

- It reduces the mother's risk of getting breast cancer or ovarian cancer.
- It uses about 500 calories per day in a natural way, often resulting in weight loss for these mothers.
- It saves money—bottle feeding with formula milk can cost up to £45 per month.

Information about bottle feeding

Babies fed with formula milk should be held and cuddled exactly as a breastfed baby. This will help to develop close contact with the baby. It is always necessary for adults to give their full attention to the baby when bottle feeding.



Some things are the same for breastfed babies and bottle fed babies. Babies should always be allowed to decide when and how much milk to drink.

Preparing formula/bottle milk

- Always prepare a formula milk bottle when the baby needs it. This will reduce the amount of bacteria which can grow and will be safer for the baby to drink.
- All equipment and bottles must be sterilized before use. Sterilization kills any germs on or in the bottles and teats and reduces the risk of infection.
- It is always very important to read all the instructions carefully when using powdered milk.
- Measure the powdered milk carefully and add cool boiled water to the bottle.
- Place the teat carefully on top of the bottle so as to avoid spreading germs.
- Gently shake the bottle until the powdered milk dissolves.
- Cool the milk by holding the base of the bottle under cold running water.
- Test the temperature of the milk by shaking a little of it onto the inside of the wrist. It should be the same temperature as the body and be the correct temperature for the baby.

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