

Bottle-Feeding/Pace Feeding

- Hold baby upright with good head support
- Hold the bottle horizontally so milk flows gently
- Let baby draw the teat into their mouth rather than pushing it in
- Pause often to mimic natural feeding rhythm
- Switch sides halfway through to support neck movement

Responsive feeding supports digestion and bonding.

When to Seek Further Support

- Persistent nipple pain
- Clicking sounds during feeding
- Poor milk transfer or slow weight gain
- Baby is fussy, windy or unsettled during feeds
- Difficulty maintaining a latch
- Concerns about tongue function

Please reach out whenever you need reassurance or support

The Gentle Latch



INFANT FEEDING AND
TONGUE TIE SERVICE

Feeding Support Leaflet

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Welcome



This handout offers practical guidance to support breastfeeding and bottle-feeding. Every baby is unique and small adjustments can make feeding more comfortable and effective for both you and your baby.

Early Feeding Cues

Look for early signs of hunger:

- Stirring or wriggling
- Hand-to-mouth movements
- Lip-smacking
- Turning head side-to-side

Crying is a late feeding cue—offer feeds earlier when possible.

Positioning Basics (All Feeding Styles)

- Keep baby close, tummy-to-tummy when breastfeeding
- Baby's head, neck and body should be in a straight line
- Hold baby's neck and shoulders, not the back of the head
- Bring baby to you—avoid leaning forward
- Keep baby well-supported and comfortable

Breastfeeding: Tips for a Deep Latch

- Hold baby nose-to-nipple
- Wait for a wide-open mouth
- Bring baby onto the breast, aiming the nipple toward the roof of the mouth
- Baby's chin should touch the breast first

- More breast below the nipple in baby's mouth than above

A deep latch reduces pain and improves milk transfer.

If Feeding Is Painful

Feeding should feel comfortable. If you experience pain:

- Try adjusting baby's position
- Break suction with a finger and relatch
- Check baby's mouth is wide and their body is close
- Try laid-back/biological nurturing positions
- Ensure chin is leading

If pain persists reach out for support.

Tips for Increasing Milk Transfer

- Frequent feeding
- Breast compressions
- Skin-to-skin contact
- Switching sides when baby's sucking slows
- Ensuring a deep latch

Small adjustments can make a big difference in milk intake and weight gain.

Normal Baby Behaviours

It is normal for babies to:

- Feed frequently (8–12 times in 24 hours)
- Cluster-feed in the evening
- Prefer one side for a while
- Have fussy periods

These behaviours do not always mean something is wrong

