



Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermera o doctor.

#811

Name of Child:	Date:

Always Hold the Baby Bottle

Never Prop a Bottle

Babies learn about comfort, love, and caring when they are fed. Babies should never have to eat alone. Feeding time should always be a special time for you and your baby.

Some stores sell pillows and toys that hold a bottle in a baby's mouth. But there are many reasons why you should not use these, and never prop a bottle.



Feeding time should always be a special time for your baby.

Your baby could choke

If your baby is alone with the bottle, you will not be there to notice if your baby starts to choke. If you are not there when your baby is choking, you cannot pull the bottle away, pick up the baby, and pat the baby's back.

Your baby could get an ear infection

The tube of the ear (**eustachian tube**) opens into the throat, to keep the pressure on both sides of the eardrum equal. When a baby eats lying down, the milk or formula can flow from the throat into the ear. This can cause an ear infection. This infection could spread to other parts of the baby's body.

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Your baby's teeth could rot

Many parents think it is not important to take care of baby teeth, since they will be replaced. This is not true. Baby teeth are very important. Babies need healthy teeth to chew food and learn to speak clearly. Children with brown, decayed teeth may feel upset about how they look. When baby teeth are not healthy, the permanent teeth can grow in crooked and crowded.

Propping up a bottle can make baby's teeth decay. When your baby starts to fall asleep, he or she doesn't swallow so often. The liquid sits in the baby's mouth, and the teeth are coated with food that helps germs rot the teeth. This decay is called **baby bottle mouth**.

When decay starts, the teeth get white or brown spots. Then the teeth will start to rot away, which can be very painful for your baby. If your baby's teeth have white or brown spots, take your baby to the dentist.

What you can do instead of prop

Relax and enjoy the times you feed your baby. Always hold and talk to your baby when feeding with a bottle. This way, as soon as your baby falls asleep, you can take the bottle out of your baby's mouth. Then move your baby a little so that last food is swallowed.

Don't leave a bottle in your baby's crib or play pen. If your baby needs something to suck on to fall asleep, use a pacifier. You could also comfort your child with a blanket or soft toy, rocking, singing, or playing music. Keep your baby's hands free. Babies need to learn how to comfort themselves.

Comfort your child with a blanket or stuffed toy, rocking, singing, or playing music.



Holding while feeding is a special time

When you hold your baby's bottle, you feed your baby's tummy and emotions. Holding helps your baby feel safe and loved. It is a special time when you can both relax and feel close.

Now that you've read this:

•	urse or doctor three reasons your shouldn't prop a baby bottle. when done.)
•	urse or doctor how propping a baby bottle can hurt your baby's teeth. when done.)
•	urse or doctor what you can do instead of propping a baby bottle. when done.)
	If you have any questions or concerns, call your child's doctor or call

If you want to know more about child health and illness, visit our library at The Emily Center at Phoenix Children's Hospital 1919 East Thomas Road Phoenix, AZ 85016 602-933-1400 866-933-6459

www.phoenixchildrens.org

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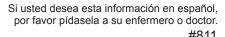
Disclaime

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Wednesday, July 23, 2014 • DRAFT to family review #811 • Written by Joan Lewis, RN • Illustrated by Dennis Swain

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Name of Health Care Provider:							
Date returned:							
Family Review of Handout							
Health care providers: Please teach families with this handout. Families: Please let us know what you think of this handout.							
Would you say this handout is hard to read?	Yes	□ No					
easy to read?	☐ Yes	□ No					
Please circle the parts of the handout that we	ere hard to un	derstand.					
Would you say this handout is interesting to read?	☐ Yes	□ No					
Why or why not?							
Would you do anything differently after reading							
this handout?	☐ Yes	□ No					
If yes, what?							
After reading this handout, do you have any questions about the subject?	☐ Yes	□ No					
If yes, what?							

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Is there anything you don't like ab	oout the drawings?	☐ Yes	☐ No
If yes, what?			
What changes would you make in easier to understand?	n this handout to make	it better or	
Please return your review of this lor send it to the address below.	handout to your nurse o	or doctor	
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Thank you for helping us!

