BFHI Step 9 – Counsel mothers on the use and risks of feeding bottles, teats and pacifiers

**Aims**
- To guide the mother and the family to enable informed decisions on the use or avoidance of bottle, teats and dummies until breastfeeding is established
- To promote the early onset of lactation by frequent breast stimulation.
- To nurture a mother’s confidence in her ability to breastfeed.

**Key points**
1. Guide mothers and the family with some of the reasons for caution about the use of bottles, teats and dummies including: interferes with recognition of feeding cues thus delaying feeding, hygiene, sucking physiology and oral development, faster flow from the bottle and teat, resulting in higher volumes of feed.
2. If expressed milk or other feeds are medically indicated for the term baby alternative feeding methods such as finger feeding, cup feeding, bottles and teats can be used following counsel and guidance on the best option for the mother and baby.
3. In the newborn period using a dummy can reduce the number of breastfeeds and can affect the mothers supply so the advice is to avoid the use of dummies and teats, unless necessary, whilst baby is learning to breastfeed.
4. There should be no promotion of feeding bottles, teats and dummy use within WNHS.
5. The midwife must document if the mother has made an informed choice to use a bottle and teat or a dummy.
Breastfeeding: Use of artificial teats/dummies

References

Bibliography

Keywords: BFHI, Step 9, breastfeeding, baby friendly, using dummies in hospital, artificial teats, dummies

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