

Weaning



ARTICLE

## Combination feeding checklist

**Combination feeding, also known as mixed feeding, with bottle and breast can take a while for you and junior to adjust to. Here are some combination feeding tips to make it easier.**

**1 min  
to read**

## Tips

- **Start with one bottle-feed a day. Make sure baby isn't hugely hungry for the first one, it's best if they're relaxed and happy.**
- **Try to set a combination feeding schedule of bottle-feeding or breastfeeding at the same time each day. It doesn't have to be rigid, just make sure you're responding to your little one's "I'm hungry" cues.**
- **If you're returning to work, try to introduce combination feeding to your little one a few weeks before.**
- **Make up each formula feed as and when you need it. Check you're following the manufacturer's preparation and storage instructions.**
- **Ready-to-use formula cartons can be handy for combination feeding.**
- **For hygiene reasons, discard unfinished feed as soon as possible. If your little one struggles with bottle-feeding, try different teats until they're happy.**

## Source

<https://www.smababy.co.uk/newborn/introducing-bottle/>