

PHILIPS

AVENT



Baby Feeding Diary

Helping you keep a note of your
baby's first special months

Congratulations on the new addition to your family!



Vicki Scott with her daughter Poppy

Here at Philips AVENT, we understand that you will want to treasure each moment of this exciting time, and will be looking for lots of practical advice to help you with feeding your baby. That is why we work with Vicki Scott, our Feeding and Wellbeing Advisor, and have designed this handy diary to help you to keep a note of feeding times and any of your baby's special milestones. Vicki, who is also a mum herself, has been working with mums and their babies for over 20 years as a nursery nurse, midwife, maternity nurse and breastfeeding advisor.

We hope you find this diary a useful keepsake for the first three months of your baby's life, and please do visit our websites www.philips.co.uk/AVENT and www.mybabytalk.co.uk or freephone **0800 289 064** for more information or to get in contact with us.

The Philips AVENT Advantage



Philips AVENT products have been designed to be compatible with one another and easily interchangeable, aiding the transition from birth to toddler. Choosing Philips AVENT means you have the assurance of superior quality products, designed with you and your baby's needs in mind.

.....
Baby's name

.....
Birth date

.....
Birth weight

.....
Place of birth



Through extensive research and clinical trials, Philips AVENT products work effectively together to promote your baby's wellbeing and give you the flexibility to care for a growing baby.

How you feed your baby in the early months is one of the most important decisions you will make. Whether you decide to breastfeed, bottle feed or combine the two, there's so much information to digest with many influences and factors to consider. We are all aware of the unique benefits of breastfeeding. Health professionals recommend exclusive breastfeeding for the first six months, after which point it can continue alongside solid foods.

Whatever you decide, to support you in caring for your baby Philips AVENT provides award winning baby feeding products to the highest standards, the vast majority of which continues to be made in England. This guide offers advice on all three feeding options to help you make informed choices. Firstly we cover breastfeeding, followed by bottle feeding and of course you can combine the two, known as combination feeding. There are lots of other useful tips from Vicki interspersed throughout the diary.

We have also created a jargon buster of common feeding terms which we hope proves helpful. This can be found at the back of the diary.

Important Notice

- Breast milk is the best nutrition for babies. Exclusive breastfeeding is recommended for the first 6 months of life. Breastfeeding can continue during and beyond the introduction of solid foods.
- When you are breastfeeding, good nutrition is vital for you and your baby. Continue with the varied and healthy diet you were following during pregnancy and try not to skip meals.
- Combining breast and bottle feeding can affect your breast milk supply.
- If you decide not to breastfeed, this decision may be difficult to reverse if you change your mind.
- For further advice on feeding options, always contact your health visitor or midwife.

Preparing to breastfeed

Getting off to a great start with breastfeeding is important as you and your baby get to know one another over the next few weeks. Here are some tips and suggestions to help.

Learn about how breastfeeding works before your baby arrives – this will make you feel more confident – and think of it as a new skill to develop. Try to attend a local class or workshop with a midwife, and talk to friends or family who have enjoyed breastfeeding. Get your partner and family involved from the beginning and explain to them why you want to breastfeed so you have their support. Also, get used to handling and touching your breasts in preparation for breastfeeding.

Early days

In the early weeks get your partner, your mother or a friend to help with shopping and housework so you can concentrate more on getting to know your new baby and establishing feeding. Your baby will need to feed frequently in the first few days until your milk comes in – some are sleepy and need encouragement. Frequent feeds in the early days are important to get off to a good start. Ask for help from a healthcare professional about correct positioning to prevent any discomfort. Finally, make sure you have plenty of skin-to-skin contact from the very beginning with your baby as this is a wonderful way to bond and will help make breastfeeding a positive experience for you both.

Milk coming in

Once you have given birth, for the first few days of breastfeeding your breasts will be producing colostrum. This is a highly concentrated perfect first food for your baby and contains essential nutrients which will build up your baby's immune system and is all he needs. When your milk comes in, normally after two to five days, your breasts may feel swollen and heavy for a day or two. Continue to encourage your baby to feed regularly on both breasts; this will help to keep you comfortable.

Applying a cold cabbage leaf, or a cold compress to your breasts after feeds can help reduce the swelling and really helps with any discomfort. Warmth and gentle massage before you feed will help your milk to flow.

Get comfortable

After the first few weeks feeding will be a lot simpler! At first though, to help you get started, find a place to sit where your back is well supported – you may like to use a feeding pillow to support your baby's weight. It's important you're relaxed for your milk to flow, so if it helps play some relaxing music.

Before you start the feed, to avoid interruptions you might like to grab a few things you may need while feeding such as a cold drink, a muslin cloth, the phone or remote control.



This is a great time for you and your baby to enjoy each other's company, and have some all important bonding time. Talking to your baby, singing a song and touching are wonderful ways to show your baby how special and loved he or she is. Once you feel more confident about breastfeeding, try to do so with your partner and family members present so that they are involved and you don't feel cut off from family life.

Establishing breastfeeding

Once your milk has come in it's important to encourage your baby to feed on the first breast fully before offering the second side – this enables him to reach the richer hindmilk which will help him settle and gain weight. Do offer your baby the second breast, so he can decide if he needs it.

Help your baby to take a full feed by stimulating him if he becomes sleepy after just a short time – try a change of position, removing a layer of clothing or a gentle tickle to rouse him.

How long a full feed lasts really does vary with each mum and baby – anything between 10 and about 40 minutes. The duration of each feed depends on your baby's age and technique, and also on your milk ejection (let-down) reflex. Keeping your baby awake long enough to take a full feed may help him go a little longer between feeds too, so you can rest. Just remember that if your baby seems happy and settled between feeds and puts on weight at a steady rate, your milk supply is plentiful.

In general, breastfed babies naturally put on weight more slowly than formula fed babies. Breastfed babies can also vary each week by how much they put on. You and your baby will find your own feeding pattern over the early weeks – and you'll soon feel more confident as your baby grows.

Expressing

Breast milk is one of the most precious gifts you can give your baby. Hand expression is one way of achieving this (ask your midwife or health visitor for guidance), though you may find it easier and more efficient to use a breast pump. Philips AVENT has created a complete range of breast pumps and accessories designed to offer flexibility and to aid and extend breastfeeding, making it easier for you to deliver all the benefits of breast milk.



Practical tips for successful expressing

- It's best to wait until breastfeeding is established before you start expressing (usually three to six weeks). Your midwife or other healthcare professional may suggest expressing before this if necessary as a way to help breastfeeding get started. The Philips AVENT Guide to Breastfeeding is available for more information on www.philips.co.uk/AVENT.
- If for any reason your baby is not able to breastfeed straight away, then it is essential to begin expressing right from the start (ask your midwife about this).
- Expressing can be done by hand or with a breast pump.
- Before expressing wash your hands thoroughly and make sure all equipment for expressing and storing milk is washed, rinsed and sterilised.
- The amount of milk you express will depend on the age of your baby, the time of the day and the length of time that has passed since your last feed. You may only express a small amount at first. Try not to get frustrated – expressing becomes easier with practice, and being relaxed and comfortable plays an important part in its success.
- Make sure the storage container is sealed and labelled with the current date.
- Place in the body of the refrigerator where it is colder; not in the door.
- Refrigerate breast milk for no longer than 24 hours, after which time it must be used, frozen or discarded.
- Breast milk may be kept frozen for up to three months. Once the milk has been thawed, it can be refrigerated for up to 24 hours. It must never be refrozen.
- Breast milk can be thawed in a variety of ways. Either slowly in the refrigerator; under warm water or in a specially designed baby food warmer which offers a frozen contents option.
- To warm breast milk, place in a bottle warmer or under a warm tap. Shake the bottle to mix as the fat content may become separated.
- Always test the temperature on the inside of your wrist before giving to your baby and use the warmed milk within an hour or so. Never save leftover milk for later.

Single Electronic Breast Pump

A portable handheld electronic pump with advanced technology, making it intelligent and responsive.

Patented Let-down Massage Cushion that naturally imitates your baby's suckling pattern and a silicone diaphragm to provide a guaranteed 100% reliable and consistent vacuum to draw milk from the breast.

Unique electronic memory that learns from you and continues your personal pumping rhythm and strength of suction.

Battery or mains powered.

Includes all you need to express, store and feed your breast milk*:

- Two breast milk containers
- Two bottle stands/funnel covers
- One teat travel pack
- Two sealing discs
- Battery pack
- Mains power lead
- Manual pump parts for when power is not available

*Contents may vary



Safety tips

- Ensure all equipment for expressing and storing milk is washed, rinsed and sterilised before expressing.
- Always discard any milk that is left over at the end of a feed.
- Do not add fresh milk to previously expressed milk in the freezer. If you are storing milk in the fridge to add to during the day, only add milk which has been expressed into a sterile container and cooled separately in the refrigerator. Milk can only be stored like this for a maximum of 24 hours (from first expression) after which it must be used immediately or frozen for future use.
- Transport expressed breast milk in an insulated container with an ice pack.
- For freezer storage, your freezer should be cold enough to keep ice cream hard.

Bottle feeding – getting started

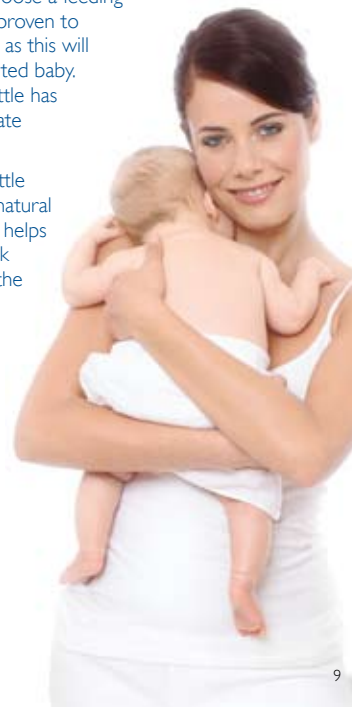
If you choose to bottle feed your baby you will need some equipment to get you started. It's wise to have all of this ready in advance ahead of the birth so you don't have to rush around when your baby is born. You will need a selection of bottles and newborn teats – five or six bottles should be enough to begin with. A steriliser and bottle brush for thorough cleaning and hygiene is essential. If you are planning to give any bottles of expressed breast milk, you may require a breast pump too.

Which bottles and teats?

Bottles

The bottle you choose for your baby is an important consideration because you want your baby to find feeding from a bottle natural and comfortable. Look for a bottle teat which is naturally shaped and promotes proper latch-on with a wide open mouth, as at the breast. A bottle with a wide neck will be easier to hold, stable when not in use and simple to fill. Choose a feeding bottle which is clinically proven to help reduce painful colic as this will make for a more contented baby. Also, ensure that the bottle has clear markings for accurate measurement.

The AVENT Feeding Bottle works with your baby's natural feeding rhythm. The teat helps your baby to control milk flow as he would do at the breast making it easy to combine breast and bottle feeding. The award winning AVENT Feeding Bottle is clinically proven to reduce painful colic and discomfort after feeding – air bubbles are moved away from the teat, ensuring that air goes into the bottle and not your baby's tummy.



Feeding Bottle

Promotes a natural feeding action and reduces colic.

- Clinically proven to help settle your baby especially at night*
- Clinically proven to reduce colic**
- Promotes a natural feeding action when combined with the unique AVENT teat so that baby controls milk flow, making it easier to combine breast and bottle
- Highly durable
- Can be used with any AVENT teat and handle so it can grow as your baby grows
- Shaped for stability and comfort
- No small parts, easy to clean and assemble
- Dome cap seals the teat securely to ensure leakproof mixing and travel
- BPA-Free bottles are indicated on the packaging.

* At 2 weeks of age, babies fed with the AVENT bottle showed less fussing compared to babies fed with another leading bottle. Applies to BPA-Free bottles.

** At 2 weeks of age, babies fed with the AVENT bottle experiences less colic than babies fed with a conventional bottle.



Teats

It's up to you what size bottle you use but teat size is important as they are designed to suit babies at different stages of development. The speed of the teat flow is determined by how many holes there are in the teat for the milk to flow through.



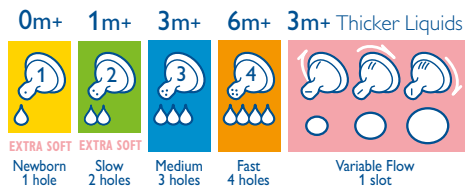
A newborn teat usually has just one hole meaning that it is the slowest flow teat for a new baby if bottle feeding, or when introducing a bottle for the first time. As a guide, move on to a slow teat at one month old, a medium teat at around three months and finally a fast teat at around six months.

Babies are unique and some babies are ready earlier to move to a faster flow of milk – be guided by your baby – try a fast teat if he is slow/frustrated when feeding, move back to a slower teat if the flow is too fast and milk spills out when baby feeds.

Teat

The Philips AVENT Teat is created to work with baby's natural feeding rhythm and to reduce potential nipple confusion, making it easier to switch between breast and bottle.

- Naturally shaped teat promotes proper latch-on with a wide open mouth
- One piece anti-colic valve
- Baby controls milk flow more like breastfeeding
- Made of silicone so odourless and tasteless
- Available in four flows from newborn to six months plus
- Teats are numbered on the side to indicate flow rate



Sterilising

It's crucial to be as hygienic as possible, particularly when dealing with newborns and babies up to one year old as their immune system isn't properly developed to fight off bacteria. Poor cleaning of breast and bottle feeding equipment can lead to tummy upsets and diarrhoea. You should continue to sterilise all of your baby's milk feeding equipment until she is a year old. First you must wash all feeding equipment, including breast pumps and soothers, using a mild detergent either by hand or in your dishwasher to get rid of the milk residue and dirt you can see. Then you should sterilise the washed items to ensure that the harmful bacteria you can't see are killed off.

You can sterilise your equipment in a variety of ways including steam sterilising either in an electric steam steriliser or microwave steriliser. Steam sterilising is the most effective method and is widely used in hospitals. This method uses the intensive heat of steam to eliminate harmful bacteria, with no need for chemicals, just water from the tap. Steam sterilising is quick and efficient and takes around five minutes depending on the type of steriliser used.

Digital Steam Steriliser

Philips AVENT Digital Steriliser takes steam sterilisation to a new level.

- Keeps contents sterile day and night by continuously repeating the cycle for 24 hours
- Keeps you informed with easy to use digital display
- Remove items at any time with pause feature
- Contents are sterile in 6 minutes
- Holds up to six 260ml/9oz Philips AVENT Bottles or two Philips AVENT Breast Pumps and accessories



Warming a bottle

A bottle warmer is a quick and safe way to make sure you are warming your baby's milk or food to the correct temperature. Many people put the bottle into boiling hot water to warm it up, others use the microwave, but neither method is reliable and microwaving can cause dangerous hot spots to occur and potentially scald baby, so is not advisable.

Digital Bottle and Baby Food Warmer

Philips AVENT Digital Bottle and Baby Food Warmer makes it easy to warm baby's feeds quickly and safely.

- Smart technology automatically calculates the warming time. Simply tell it what you are warming and how much, and it will heat the contents evenly to the optimum temperature
- Easy to use digital display
- Audible signal keeps you informed through the warming cycle
- Warms 125ml of milk in under 2 minutes
- Also ideal for for baby food from fridge, freezer or room temperature



Offering a bottle

As with breastfeeding, most experts agree that you should not follow a rigid schedule in the early weeks. You and your baby will find your own pattern as the weeks progress. Offer a bottle every few hours at first or when your baby seems hungry. Don't force more than your baby is ready to take. Your newborn has a very small stomach so will need to feed little and often, taking just a few ounces per feed. This will soon change and he will be taking larger feeds less frequently. Follow the advice of your healthcare professional.

Encourage your baby to open his mouth wide by touching the teat of the bottle to his lips. As he opens his mouth, gently introduce the teat making sure baby's tongue is down. Your baby's lips should be around the wide part of the teat at the bottom. This is an important feature of the design, encouraging a natural jaw movement and a wave-like pattern of tongue movement, which maintains a natural suckling behaviour. This feeding action helps facilitate normal speech development.

Tilt the bottle so that the teat is always full of milk – this avoids your baby swallowing air as he feeds. He will naturally release the bottle when he needs a break, needs to be winded – or may fall asleep.

Bottle feeding tips

- Look for a teat which is naturally shaped and promotes proper latch-on with a wide open mouth, as at the breast. This will help avoid any potential nipple confusion if you are combining breast and bottle feeding.
- Select a bottle which promotes a natural feeding action, enabling your baby to control milk flow, just as at the breast.
- Choose the right teat. Select a newborn teat for a newborn baby as it has been specially designed to allow the milk to flow very slowly which is most suitable at this stage. As your baby develops, move up to teats with more holes, meaning milk will flow faster.
- Choose a bottle which is clinically proven to reduce colic so air does not go into your baby's tummy. This will make for a more contented baby.
- Make time for your baby's bottle feed – get comfortable and spend some close time with your baby during and after the feed.
- In the early days limit the number of people involved in bottle feeding your baby, ideally just mum and one other person.
- As with breastfeeding, offer a bottle regularly, as often as your baby needs it. You and your baby will find your own feeding pattern as the weeks progress and he takes more milk each feed.
- Your baby will take bigger feeds as his weight increases. Ask your healthcare professional for advice. Your baby may want to take less at some feeds and more at others – this is normal.
- Most babies naturally come off the bottle when they need a break or a burp.
- Be stringent when it comes to sterilising and sterilise all of your baby's feeding equipment for the first year.
- Do not use a microwave to warm a bottle as this can cause hot spots, potentially burning your baby.
- In warm weather, or if baby becomes a little constipated, offer extra drinks of cooled, boiled water, but not too much that it puts him off his milk feed.

Combining breast and bottle feeding

Combination breast and bottle feeding gives you greater flexibility and means that your partner or other family member can be involved in feeding your baby. You can introduce bottles of breast milk to your baby when you are ready, but ideally not for the first three weeks or so, and it's crucial that breastfeeding is established first. It's important that your baby's feeding technique at the breast is good, and that your milk supply is given time to become established. You can gradually start introducing bottle feeds so there are no sudden upsets if you are planning to go back to work or want to go out and can't be there to feed.

It's important to note that when you are fully breastfeeding, your body produces the right amount of milk for your baby and works on a supply and demand basis. The more you feed, the more milk you will make. Regular breastfeeds are important to maintain your milk supply. Formula feeds or 'top ups' can affect this balance and may impact on your milk supply. That's why for combination feeding it's preferable to express your milk and use this for bottle feeds.

See practical tips for successful expressing on page 7 for helpful advice.

Introducing a bottle and tips to avoid bottle refusal

- If you are breastfeeding and know you will want to give your baby a bottle at some point don't leave it too late to get baby used to it. Once breastfeeding is established, introduce a bottle and keep it familiar to your baby – ideally by six weeks.
- Try a bottle at different times. Some babies will accept it more easily if they are sleepy, or quite hungry, such as first thing in the morning.



“Babies can vary widely in the rate at which they gain weight. In general, breastfed babies naturally put on weight more slowly than formula fed babies, though not all! Breastfed babies can also vary each week how much they put on.”

Vicki Scott

Philips AVENT Feeding and Wellbeing Advisor

Day / Date.....

3 – 8 weeks

Time of feed	Notes

Day / Date.....

Time of feed	Notes

Today...

Day / Date.....

Time of feed	Notes

Day / Date.....

Time of feed	Notes

Today..

Day / Date.....

3 – 8 weeks

Time of feed	Notes

Day / Date.....

Time of feed	Notes

Today..

Day / Date.....

Time of feed	Notes

Day / Date.....

Time of feed	Notes

Today..

Day / Date.....

3 – 8 weeks

Time of feed	Notes

Day / Date.....

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Today..

Day / Date.....

Time of feed	Notes

Day / Date.....

Time of feed	Notes

Today..

“Mastitis is breast inflammation which could be caused by an incorrect feeding position, sore nipples or by missing feeds. See your doctor or midwife if you notice a reddened area on your breast and/or begin to develop a temperature. You will normally be able to continue breastfeeding during and after treatment.”

Vicki Scott

Philips AVENT Feeding and Wellbeing Advisor

Day / Date.....

Time of feed	Notes

Day / Date.....

Time of feed	Notes

Today...

Day / Date.....

3 – 8 weeks

Time of feed	Notes

Day / Date.....

Time of feed	Notes

Today...

Day / Date.....

Time of feed	Notes

Day / Date.....

Time of feed	Notes

Today..

Day / Date.....

3 – 8 weeks

Time of feed	Notes

Day / Date.....

Time of feed	Notes

Today..

“ Make time for feeding
– get comfortable
and spend some close
time with your baby during
and after the feed.”

Vicki Scott
Philips AVENT Feeding and Wellbeing Advisor

Day / Date.....

3 – 8 weeks

Time of feed	Notes

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Today...

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3 – 8 weeks

Time of feed	Notes

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3 – 8 weeks

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Today..

“When offering a bottle, encourage your baby to open his mouth wide by touching the teat of the bottle to his lower lip. As he opens his mouth, gently introduce the teat making sure your baby's tongue is down.”

Vicki Scott

Philips AVENT Feeding and Wellbeing Advisor

Day / Date.....

Time of feed	Notes

Day / Date.....

Time of feed	Notes

Today..

Day / Date.....

3 – 8 weeks

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Today..

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8 weeks – 3 months

This week..

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Date / Time	Notes

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8 weeks – 3 months

This week..

Date / Time	Notes

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8 weeks – 3 months

This week..

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8 weeks – 3 months

This week..

Date / Time	Notes

Date / Time	Notes
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Date / Time	Notes

Date / Time	Notes

8 weeks – 3 months

This week..

Jargon buster

Having a baby introduces a whole new vocabulary of unfamiliar words and concepts. At Philips AVENT we understand that this can be a daunting time full of new jargon to understand and master. To help you get to grips with common feeding terminology we have developed the following glossary. We hope you find it helpful.

Areola: The pigmented skin surrounding the nipple. In order to suckle effectively, your baby's gums should be placed well around the areola. The areola overlays the lactiferous ducts – which contain the breast milk.

Colic: A term for bouts of intense uncontrollable crying and other behaviour which is difficult to pacify, perhaps due to stomach or bowel discomfort.

Colostrum: The thick, yellowish fluid that is produced in the first few days of breastfeeding after birth. It contains highly concentrated proteins, immunoglobulins, vitamins, and minerals, and is an important part of building up a baby's immune system.

Mature milk comes in two to five days after the birth.

Combination feeding: Combining breast and bottle feeding. Bottle feeding can be using expressed breast milk or formula milk.

Engorgement: A moderate to severe swelling and distention of the breasts caused by lactation. Prolonged engorgement can lead to mastitis.

Foremilk: The thin milk produced during the first few minutes of suckling at every breastfeeding session. Its higher water content keeps the baby hydrated and supplies water-soluble vitamins and proteins. Its fat content is lower than that of hindmilk.

Growth spurt: When a baby demands more frequent or longer feeds for a day or two. The extra stimulation will increase your milk supply after a few days.

Hindmilk: The milk released later in a breastfeed. Fat content of hindmilk is higher, two or three times the concentration of foremilk. Hindmilk provides important calories for a breastfeeding baby, so it is important that your baby feeds for long enough to get to your hindmilk.

Lactation: The time period during which a mother secretes milk from her breast for her baby.

Lactation consultant: A health care professional who supports mothers with preventing and resolving breastfeeding problems.

Lactiferous ducts: Behind the areola, the lactiferous ducts transport the breast milk from the milk-producing cells to the baby.

Latch-on: Describes a baby's attachment to the breast. An incorrect latch-on can cause nipple soreness, inefficient feeding and other problems.

Let-down: The process of the milk beginning to flow down while breastfeeding. This can be stimulated by a baby's suckling or the petals on the Philips AVENT Breast Pumps. Let-down can cause the milk to spray or leak from breast, and is also called the milk ejection reflex.

Mastitis: An inflammation in the breast tissue which causes redness, tenderness and heat. It can develop into an infection and cause flu-like symptoms such as fever and muscle weakness. Carry on feeding and consult your GP, health visitor or midwife if you think you may have developed mastitis.

Milk coming in: Between two and five days after the birth, breasts may feel swollen or heavy for a day or two. They may also feel warmer as milk builds up in preparation for breastfeeding.

Nipple confusion: Some babies can get confused between breast feeding and bottle feeding as they use different sucking techniques to get milk from a breast and a bottle. To avoid nipple confusion wait until breastfeeding is established before introducing a bottle.

Oxytocin: Is known as the cuddle hormone which stimulates milk flow. A hormone secreted from the brain that stimulates the contraction of the uterus during the first month of breastfeeding. Oxytocin can also be administered to induce labour.

Plugged milk duct: This usually appears as a lump in the breast and is often caused by pressure on the breast for prolonged periods of time. Consult your doctor or health visitor if this occurs.

Prolactin: A hormone that stimulates the mammary gland to produce and secrete milk. The name describes the hormone's function, as it supports or stimulates lactation.

Suck: A short, fast motion involving only the lips on the nipple.

Suckle: The act of pulling milk from the mother's breast using the lips, jaws, and tongue around the areola.

Wean: To gradually replace breastfeeding as the sole method of feeding with another nutritional source for the baby, such as solids.

Ask Philips AVENT

Our customer service is available
Monday – Friday
9am – 4.30pm

Call FREE **0800 289 064** (GB ONLY)

Call FREE **1800 509 021** (IRL ONLY)



www.philips.co.uk/AVENT

www.mybabytalk.co.uk

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