

REFLUX-FREE FRAMEWORK

3 feeding



3h 52m

In this pillar we address breast, bottle and formula feeding. There are many aspects of feeding that are common to all, and here we provide all the information you need regarding milk feeding your baby.

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GENERAL FEEDING TIPS

1. Position Basics
2. Babies with Feeding Difficulties
3. Support Poor Weight Gain
4. Feed Spacing (*coming soon*)

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BOTTLE FEEDING

1. Bottle Feeding Positions
2. Observations on Side Lying (*coming soon*)
3. Choosing the best bottle

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FORMULA FEEDING

1. Choosing the best formula
2. Hydrolysed milks don't help babies
3. Milk Thickeners & Thickened Milks
4. Powdered Formula Preparation
5. Reintroducing Dairy-Based Formula (*new*)

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BREASTFEEDING

1. The Art of Food Tracking
2. Box Breathing
3. How to Eat
4. Why TEDs fail - The Digestive System
5. How Your Food Affects Baby
6. Key Signs to Look Out For
7. Managing Elimination & Reintroduction
8. What to Eat and When
9. Safer Foods List Guidance
10. Q&A & more