



# Caring For Your Baby: Bonding While Bottle-Feeding

## Tips for Mothers Living with HIV In the United States

### **Can I breastfeed my baby?**

The World Health Organization and the Centers for Disease Control strongly recommend that women with HIV in the United States do not breastfeed to prevent passing HIV to their baby.

*“When replacement feeding is acceptable, feasible, affordable, sustainable and safe, avoidance of all breastfeeding by HIV-infected women is recommended.” WHO 2007.*

### **How do I bottle feed my baby?**

- Consider using donated, pasteurized breast milk from a milk bank to feed your baby
- Talk to your doctor, midwife, or WIC provider about what kind of formulas are available for your baby
- Choose an iron-fortified formula to prevent anemia
- Follow the directions on the side of the formula package. You will need to mix level scoops of powdered formula with water inside of clean bottles.

### **What is bonding?**

Bonding is the **emotional connection** that a mother makes with her baby. Attachment is the relationship that mom and baby make with each other. Bonding helps you feel connected to your baby and attachment makes baby feel safe. You can bond with your baby without breastfeeding.

### **How can I bond with my baby?**

- **Skin-to-skin:** When bottle feeding take baby’s clothes off down to the diaper and put him skin-to-skin against your chest, cover with a blanket and look into baby’s eyes. This helps with bonding because:
  - Baby stays **warm**
  - Baby stays **calm**, less crying
  - Baby’s heartbeat and breathing will be **regular**
  - More **attachment**
- **Rooming-in:** Rooming-in is when mom and baby are in the same room together starting right after birth. When moms are with their babies all the time in the first few hours and days of life they bond. This also helps you **listen to baby’s cues**.
- **Know what your baby wants and when:**
  - When baby puts her hand to her mouth, licks her lips or turns her head to the side and opens her mouth, she is probably hungry.
  - When baby is fussy but has just been fed, check the diaper.
  - When baby cries he might just want to be held; pick baby up, rock, sing, cuddle, and soothe him.
- **Hold baby close:** Baby will be able to recognize your smell and will recognize your voice from when she was inside your womb.
- **Laugh and play with baby:** Playing with baby will help you bond and learn more about your baby.
- **Am I spoiling my baby?** No! Many moms wonder if they can spoil their babies by picking them up when they are crying. The truth is that listening to your baby and holding him when he cries helps mom and baby bond. This makes baby feel safe. That means that baby trusts you to take care of him and that you are listening to what he needs.



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## Resources for more information:

- **HIVE– A hub of positive and reproductive sexual health**  
<http://www.hiveonline.org/> 415-206-8919
- **The Well Project**  
<http://www.thewellproject.org/>
- **WORLD- Information & Support for Women Living with HIV**  
[www.womenhiv.org](http://www.womenhiv.org) 510-986-0340
- **Project Inform- National HIV/AIDS Treatment Hotline**  
<http://www.projectinform.org/> 800-822-7422
- **Human Milk Banking Association of North America**  
[www.hmbana.org](http://www.hmbana.org) 919-861-4530
- **National Milk Bank**  
[www.nationalmilkbank.org](http://www.nationalmilkbank.org) 866-522-MILK
- **WIC**  
<http://www.fns.usda.gov/wic/women-infants-and-children-wic>
- **WIC Infant Formula Database**  
<http://wicworks.nal.usda.gov/wic-formula>
- **USDA on Infant Formula**  
<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/InfantFormula/default.htm>
- **Centers for Disease Control and Prevention, Perinatal HIV topics**  
<http://www.cdc.gov/hiv/risk/gender/pregnantwomen/>



Photo Credit: Huffington Post

### References:

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- Moore, E R, Anderson, G C, & Bergman, N. (2007). Early skin-to-skin contact for mothers and their healthy newborn infants. *The Cochrane database of systematic reviews*, (3), CD003519-
- Karil, D., Beal, J. (20) Reconceptualizing the Nurse's Role in the Newborn Perian "Attacher". *Maternal and Child Nursing*, 31(4): 257-262.



Photo Credit: <http://www.wikihow.com/Make-Powdered-Baby-Formula>



**Questions?**  
**For more info,**  
**check out**  
**[www.hiveonline.org](http://www.hiveonline.org)**

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