

Safer Feeding: Suggested Tweets

1. Never leave your baby alone to feed. They may need short breaks during the feed; they may also need to burp sometimes. Propped bottle feeding can cause babies to choke. Find out more: [Unicef Baby Friendly Initiative](#)
2. Never give your baby a feed whilst they are alone. Propping up a bottle forces your baby to keep up with the flow and may cause her to choke. Find out more: [Unicef Baby Friendly Initiative](#)
3. If a baby falls asleep before finishing a bottle, they may breathe in the liquid and choke, rather than swallow it. Never leave your baby unsupervised with a bottle. Find out more: [Unicef Baby Friendly Initiative](#)
4. Never leave your baby unsupervised with a bottle. Do hold baby close while you are feeding. Babies love cuddle time and you can be alert to their feeding cues. Find out more: [Unicef Baby Friendly Initiative](#)
5. Hold baby in a semi sitting position if you bottle feed. This helps baby swallow less air and feed at their own pace. Find out more: [UNICEF Baby Friendly Initiative](#)
6. Do have skin to skin contact with baby whether you're breast or bottle feeding. Skin to skin contact is calming for mother and baby and stimulates their digestion and an interest in feeding. Find out more: [UNICEF Baby Friendly Initiative](#)
7. [Unicef Baby Friendly advice on infant feeding during the pandemic](#) is available. There's no evidence that Covid-19 is transmitted via breastmilk and we know that breastmilk has lots of properties to protect babies against infectious diseases, so breast is still best.