

FEED A BABY A BOTTLE

Trust me, at some point in your life you'll probably have to feed a baby with a bottle. And the fact you know what to do will make you a hero to someone one day.

Feeding a baby a bottle is such a simple thing, even a raccoon like me with my little paws can do it. So come on, Trailblazer, time to step up to the plate and take care of a little one.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Find a newish mother in the family or close friends that would be kind enough to show you how to feed and burp their precious baby.

LEVEL D

PERIOD 8

TASK 2

1. First thing to remember is that babies like neither hot beverages or ice cold drinks. They like it to be lukewarm, pretty much body temperature. Anything hotter or colder and you are likely to have tears to deal with. And if it's too hot, it may even hurt. You can tell you have the right temperature by squirting a little milk on the sensitive skin of your wrist. It should feel slightly warm, not hot.

2. Now, the position chosen by most is to cradle the baby in your arms so that the baby's head is a little elevated and put the bottle nipple in the baby's mouth. You'll probably find that the baby will stare into your eyes while feeding, which is really kind of cool.



3. After feeding for a time, the baby will need to be burped. You will typically accomplish this by putting her up on your shoulder so her head lies over your shoulder and she faces down.

Lightly pat her back from just above her bottom up to her shoulder blades. Repeat this several times. You are hoping for a decent sized burp, which is why it is called "burping." (try not to laugh when it happens)