Responsive Feeding



We are amazing!



What is happening to me?

All I want is to be close to you, this helps me to feel secure and loved. When I feel secure, I release a hormone called oxytocin. This is food for my growing brain, helping me to feel happy and more confident as I grow.

Responsive feeding

Keep me close so that you start to recognise the cues I make to tell you I am hungry or want a cuddle.

I love feeling your skin against mine, this allows me to smell you and hear your heartbeat.

Looking into my eyes as you feed me will help me feel close to you and make our bond grow stronger.

Responding to my needs for food and comfort will not only support my brain development but will also help me to feel secure.







What can you do to help me

Talk I need you to listen to me and take notice of what I am trying to say to you. Responding to my signals will make me feel safe and that I matter. Notice my cues of when I want to be fed and when I have had enough.

Play Whenever I smile, and you smile back at me I feel happy. Happiness fills my body with chemicals that help my brain to grow.

Relax Focus on my face, my warmth, and my smell, to help you relax so I can relax with you.

Cuddle Use breastfeeding to help soothe me and spend time with me. Holding me next to your skin will comfort and calm me.

Respond Holding me close when I am crying helps me to feel loved and secure, even if I don't stop crying straight away.



Need more help

Talk to your GP or Heath Visitor or approach a member of staff at the Children's Centre, we have a dedicated Family Support Team who are here to listen. Sometimes, just talking to other mum's and dad's might ease your worries you will probably find that you share the same thoughts, often, just talking about it helps.

Remember your baby can't ask for help but YOU can.

Breastfeeding support

National Breastfeeding support line: 0300 100 0212

Lines are open 9.30am to 9.30pm, 7 days a week.

The Start4Life Breastfeeding Friend can answer questions at any time. It's available on: Facebook Messenger, Amazon Alexa and Google Assistant

Health Links: support and information for mothers who do not speak English: 0117 902 7115 or 07900 264 435

Lines are open Monday to Friday 9am to 5pm

Languages spoken: Somali, Arabic, Punjabi, Urdu, Hindi and Bengali. Other languages are available by arrangement.

Contact your local Children's Centre to find a breastfeeding support group or visit the Bristol.gov.uk website and search breastfeeding support groups.

Your Local Children's Centre will have infant feeding champions who can offer support around responsive bottle feeding.

