



Always clean and sterilize the bottle before and after the feed



Make sure the milk or formula is well-heated before feeding



Ensure the baby is not lying entirely flat on their back and their head is slightly elevated



Place or hold the bottle at an angle that doesn't allow air to seep in



Ensure the baby's mouth is wide open and covering the base of the nipple, not just the tip



Regularly burp the baby between feedings for better comfort and digestion



Source: <a href="https://www.momjunction.com/articles/best-anti-colic-bottles\_00627429/">https://www.momjunction.com/articles/best-anti-colic-bottles\_00627429/</a>