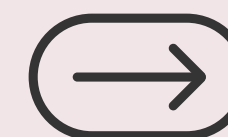




The Calm Bottle Method™

Delivered through The Feeding Breakthrough Package

Designed and led by Laura Bottiglieri,
Paediatric Feeding & Swallowing
Specialist & Speech and Language
Therapist



Welcome

You're here because feeding has always been or has become something far from easy. Maybe you're watching every feed closely. Maybe you're trying everything you can think of. Maybe you're holding so much worry in your chest that you feel it physically.

And you're doing all of this because you love your baby.

You are not overreacting. You're paying attention. And that matters.

What you're experiencing is something I see every single week in clinic. There is a pattern. There are reasons. And there is a clear way forward.

My work is to look at what your baby is showing us, their cues, their rhythm, their tension, their coordination and to help you understand exactly what's happening and what to do next.

You don't need to feel unsure anymore.

You just need support that knows how to take you through this in a way that actually makes sense clinically and emotionally.





First comes understanding

Feeding makes sense when we understand what's happening for your baby. My work is to interpret that clearly, and guide you step-by-step toward calmer, connected feeding.

Your baby communicates through their feeding behaviour. I look at the pattern, the responses, the cues, and the underlying sensory and oral-motor pieces that shape how feeding feels for them.

This isn't about forcing, stretching out times, or hoping hunger will solve it. This is about understanding what your baby needs to feel safe, coordinated, and ready to feed.

This is a clinical, relationship-centred approach that supports:

- nervous system regulation (their's and yours)
- oral-motor skill development
- feeding confidence
- your bond and responsiveness

When we support these foundations, feeding becomes easier because your baby is genuinely able to feed (and enjoy it).

What is The Calm Bottle Method™?

The Calm Bottle Method™ is a gentle, relationship-focused approach to supporting babies who are struggling with bottle feeding. Whether your baby is refusing the bottle, taking very small amounts, becoming distressed, or feeding is feeling tense and uncertain - this method helps you understand what's going on beneath the surface and guides you step-by-step towards calmer, more effective feeding.

This approach is grounded in:

- Infant feeding development
- Sensory and oral-motor foundations
- Understanding your baby's cues
- Supporting emotional safety and trust
- Over a decade of clinical experience

The Calm Bottle Method™ is designed to work with your baby's nervous system, not against it.





Why this Matters - What the Research Shows

- Up to 25% of infants experience feeding difficulties significant enough to impact daily feeding routines.
- In babies with medical, sensory, or reflux-related challenges, this can increase to 40–80%.
- Babies who associate feeding with distress are more likely to reduce intake, limit cues, and avoid feeding not because they won't feed, but because they feel unable to.
- Responsive, relationship-centred feeding approaches have been shown to reduce feeding-related stress, support healthy nervous system regulation, and improve milk transfer efficiency.

Who is this for?

This method is for you if:

- Your baby is refusing the bottle fully or partially
- Feeding feels tense, unpredictable, or exhausting
- You're working hard to feed and still getting nowhere
- Your baby becomes upset, arches, fusses, or turns away during feeds
- Milk intake feels inconsistent or worrying

Whether you're combination feeding, bottle feeding only, moving away from breastfeeding, or returning to work, this method supports both you and your baby.

What you'll Learn:

By working with The Calm Bottle Method™, you will learn how to:

- Understand what is driving your baby's feeding behaviour
- Support sucking, swallowing, and breathing coordination & skill
- Reduce stress and tension around feeds
- Rebuild trust and confidence during feeding
- Offer the bottle in a way your baby can truly accept
- Create calmer, more enjoyable feeding moments





Why This Works: Results from Families inside.

- 90% of families I support see a noticeable reduction in feeding distress within the first 1–2 weeks.
- Most babies begin taking more consistent volumes again once stress is reduced and feeding confidence is rebuilt.
- Parents describe feeling clear, confident, and back in control of feeding, instead of overwhelmed and guessing.
- The majority of families go on to transition to the feeding approach they originally hoped for whether that's combined feeding, bottle-only, or a calm plan for returning to work.

These outcomes are possible because we don't chase quick fixes. We rebuild the foundation so feeding can feel safe again.

Real Volume Changes Families Experience

- Babies who were taking either nothing or around 10–40mls per feed, inconsistently often move to sporadic awake feeds of 90–120mls within 3–4 weeks once stress is reduced, skill and coordination improves.
- Some families even reduce milk volumes by Week 12, not because feeding is still difficult, but because baby is feeding confidently enough that they are ready to create space for food.
- The shift is calm, steady, and baby-led, not rushed, forced, or timed.

What Families Say

"We were at breaking point. My baby screamed at every bottle. Within a week, feeds felt calmer and she started drinking again. I finally feel like I understand her."

"I wish we had found this sooner. I felt seen, supported, and guided every step of the way."

You can read more 5* reviews [here](#).





What's Included

- A full clinical feeding assessment
- Personalised plan based on your baby's needs
- Step-by-step guidance using The Calm Bottle Method™
- Video support and feedback
- Ongoing messaging support between sessions (this is where the big shifts happen)

This is not a one-off tip or quick fix, it's support that understands the complexity of feeding and walks with you through real change.

The Outcome:

You will leave with:

- A calmer baby
- Clear feeding strategies that make sense
- Confidence in how to feed your baby
- A way forward that feels aligned with you
- And most importantly a baby who is feeding in a calm, connected way; consistently so you don't have to worry anymore.

Next Step: Book Your Free Feeding Fit Check

This is a short call to talk about where you are now and whether The Calm Bottle Method™ is the right support for you.

No pressure. No obligation. Just clarity.

Tap to book your call: [Feeding Fit Check Calendar](#)

About me:

I'm Laura Bottiglieri, a Paediatric Feeding Specialist & Speech and Language Therapist. My work sits at the intersection of feeding development, sensory processing, and the parent–infant relationship. I help you understand what your baby is communicating through their feeding behaviour, and I guide you step-by-step toward calmer, more coordinated, and connected feeding.

I've created this method based on 11 years of clinical practice in this space. We look at the underlying foundations that make feeding feel safe and possible and we build from there, together. The aim isn't just to get through feeds, but to create a feeding rhythm that feels calm, confident, and right for both you and your baby.



Milk to Mealtime | Paediatric Feeding & Swallowing Specialist | www.milktomealtime.com | [@milktomealtime](https://www.instagram.com/milktomealtime)