

MILK TO MEALTIME



# THE Calm Bottle Method™

Professional Training & Supervision  
Programme.



Laura Bottiglieri  
Speech & Language Therapist & Feeding Specialist  
[@milkto mealtime](#)

# INTRODUCTION

Supporting families through infant feeding difficulties is one of the most rewarding aspects of professional practice, but it is also one of the most complex. Among these challenges, bottle refusal stands out. It is common, deeply distressing for parents, and frequently misunderstood. Families often receive fragmented or conflicting advice, leading to frustration, exhaustion, and the gradual loss of confidence in feeding their baby.

For professionals, the absence of a recognised framework can create significant uncertainty. Questions quickly arise: Is this within my remit? Could there be an underlying issue? When should I refer on?

The Calm Bottle Method™ was developed to bring structure and clarity to this area of practice. Created by Specialist Speech and Language Therapist Laura Bottiglieri, the programme offers a clinically informed framework for addressing bottle refusal, underpinned by clear safety boundaries, ongoing supervision, and a service level agreement that ensures families receive timely referral when required.

This training is about embedding a consistent, calm, and clinically safe pathway for professionals and the families they support.

## Why This Training Exists

Bottle refusal is not a passing phase. It is a common and complex challenge that impacts family wellbeing, disrupts daily routines, and risks undermining the parent–infant relationship. Parents frequently seek support from multiple professionals, yet without a structured approach, the guidance they receive can be inconsistent and, at times, unsafe. Despite its prevalence, bottle refusal has historically been overlooked in professional training. As a result, families are left without the clarity they need, and professionals are left working without confidence in how to respond.

The Calm Bottle Method™ was designed to close this gap. It provides a structured framework that helps professionals to identify what is driving refusal, to implement safe and effective strategies, and to recognise clear red flags that require specialist assessment. The outcome is consistency for families, confidence for professionals, and protection for practice.

## Programme Content

The training is delivered through two live, interactive sessions of 90 minutes each, supported by supervision and accompanying resources.

The first session explores the foundations of bottle refusal. This includes the influence of feeding history, sensory processing, emotional regulation, and the dynamic interaction between parent and infant. By understanding these factors, professionals can interpret refusal behaviours within context, rather than relying on surface-level fixes.

The second session introduces the Calm Bottle Method™ in detail. The method is presented as a structured, step-by-step framework that can be applied directly in practice. Participants are guided through practical strategies for calming, pacing, and responsive feeding, supported by applied case studies drawn from clinical experience. The session also integrates clear guidance on recognising red flag symptoms and the referral pathway to follow when these concerns arise.

Following the training, participants take part in a one-to-one supervision session. This provides a protected space to reflect on early cases, consolidate learning, and receive tailored feedback. Written resources, including a red flag guidance sheet and case reflection templates, are provided to support continued implementation.

## Professional Benefits

Completion of this programme provides more than professional development; it provides a recognised and clinically grounded method for addressing one of the most challenging infant feeding difficulties.

Participants gain the confidence to apply a structured framework, the clarity to recognise when cases fall within scope, and the assurance of knowing exactly when and how to refer for specialist input.

For families, this translates into consistent, responsive, and safe support. For professionals, it means working with credibility, backed by supervision, and supported by the authority of an established method governed by a service level agreement.

## Programme Inclusion

- Two live training sessions of 90 minutes each, with recordings provided for reference.
- One follow-up supervision session of 60 minutes to consolidate learning and support early cases.
- Practical resources including red flag guidance as needed and structured case reflection templates.
- A service level agreement that defines boundaries for practice and referral requirements to Laura for dysphagia assessment (not required where evidence of paediatric/neonatal dysphagia competence is provided).
- A certificate of completion.

## Investment

Training in The Calm Bottle Method™ is an investment in both your professional practice and the families you support.

The programme provides not only evidence-based knowledge, but a structured framework, supervision, and ongoing safeguards to ensure safe and effective delivery.

The programme is available in three formats to suit your clinical background and level of support desired:

### Training Only – £895

Includes two live training sessions, written resources, the service level agreement (if required) and a certificate of completion.

### Training and Supervision – £1,195

Includes everything in the Training package plus a 60-minute follow-up supervision session to consolidate learning and support your first cases.

### Premium Year Package – £2,250

Includes two live training sessions, written resources, the service level agreement (if required), certificate of completion, and six 60-minute supervision sessions across the year (as you choose to use them).

Flexible payment options are available on request.

# About the Trainer

Laura Bottiglieri

Specialist Speech and Language Therapist | Paediatric Feeding Expert | Founder of Milk to Mealtime

BSc (Hons) Speech and Language Therapy, MSc Healthcare Management, Post-Graduate Paediatric Dysphagia Training specific to SLT & Post-Graduate Neonatal & Infant Training specific to SLT  
HCPC Registered, RCSLT Member.

Laura is a Specialist Speech and Language Therapist with over a decade of experience working in paediatric feeding and swallowing. She is registered with the Health and Care Professions Council (HCPC) and is a certified member of the Royal College of Speech and Language Therapists (RCSLT).

Her clinical expertise spans infant feeding, paediatric dysphagia, and complex feeding difficulties. Laura has supported hundreds of families, from early bottle refusal to children with medically complex needs requiring long-term feeding support.

The Calm Bottle Method™ brings together her clinical experience, evidence-informed practice, and family-centred approach into a structured framework for professionals. It provides both clarity and safety, enabling practitioners to support families confidently while ensuring that babies who require specialist input are always escalated appropriately.

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