

Get connected with your baby

Your guide to Connected Feeding™
with nfant® Thrive.

nfant®





Take the Guesswork
out of Feeding™

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Connected Feeding™

IN THIS SECTION

- What is Connected Feeding?
- How Babies Communicate
- Hunger Cues
- Stress Cues

From the second your baby is born, you start connecting with each other through expression, touch, words and actions.

As humans, all our meaningful relationships are tied to our ability to build mutual understanding through effective listening, clear communication and supportive responses. The basis for this connection is verbal and non-verbal, and its success depends on the balance between give and take. As parents, we need to also listen to our children, and that starts right after birth.





Believe it or not, your newborn will use facial expression and movements to not only get your attention, but to tell you what they need and when. By learning to identify and respond to your baby's cues, you can learn a wide array of important and amazing things about your newborn, such as whether they are happy, uncomfortable, tired or even ready to start or stop feeding.

Here at nfant, we developed a feeding approach that trains new and even experienced parents to tune into their baby's unique needs. We believe that parents can achieve the most feeding success when they learn to decode their baby's language, spoken through a series of hunger, stress and sleep cues that any caregiver can learn to spot.

What is Connected Feeding?

At nfant, we coined the term Connected Feeding™ to describe how a cue-based approach to feeding works with our innovative technology. We do more than teach parents and caregivers how to identify, recognize and respond to their baby's feeding cues. We amplify and enhance your observations with real-time biofeedback data to help you measure milkflow when breastfeeding, determine if bottle feeding is going well and see how your baby responds to changes and interventions.

So, while you are connecting emotionally with your baby, our nfant Thrive Feeding System adds the first smart feeding technology to today's connected nursery. For the first time, we are removing the guesswork from feeding by giving parents a data-based gut check in the form of feeding data sent wirelessly to an app on your phone, where it is stored and analyzed to maximize feeding success.

Explore in-depth resources and feeding tips on our website—scan this code to visit our content library, “Feeding 101.”





Staying Connected

The key to a successful feeding is staying connected with your baby, especially through eye contact. Here's how to stay engaged and responsive:

- **Stay present:** Avoid distractions like scrolling, reading, or watching TV. Focus on observing your baby throughout the feeding.
- **Position matters:** Sit so you can see your baby's face and hands clearly. Avoid positions where your baby is facing away from you.
- **Watch for cues:** Pay attention to your baby's eyes, facial expressions, and hand movements for stress signals.
- **No swaddling during feeds:** Keep your baby's arms free to use their natural movements to communicate with you.
- **Sense their comfort:** Notice if your baby feels rigid or tense versus relaxed in your arms.

These small actions help you build a stronger connection and respond to your baby's needs during feeding

How Babies Communicate

It's a scene that we've watched play out in film, novels and pop culture: A baby cries, and the mother instinctively reacts. "She's hungry," she may say, and her baby easily settles down when feeding starts.

The idea that babies use crying to communicate hunger is one of the most widespread misconceptions today about infant feeding. It's highly prevalent among new and experienced parents, and even perpetuated by some well-meaning but uninformed medical professionals.

In fact, babies do not cry when they start to get hungry; they cry when they are very hungry and distressed. A crying baby probably showed earlier, more subtle signs of hunger before they started to cry. And once a baby starts crying, it can be much more difficult to help them settle down, let alone initiate a positive feeding experience.





What is a Hunger Cue?

Infants have a shared, non-verbal language for communicating their needs. From sucking their hands to making certain sounds, your baby's movements and gurgles are often more than random, cute behaviors. They are part of a sophisticated system of signals telling caregivers what they need and when.

That's why we call them cues. We all experience hunger cues that help us detect and address hunger before it impacts our mood and concentration—the so-called “hangry” phase. As children and adults, our bodies send us signs that we are hungry every day: Stomach rumbling, mouthwatering or low energy. If we miss these cues, we may feel shaky, lose focus, develop headaches or become irritable.

It's the same with babies. When an infant is calm, they tend to latch onto their mother's breast or take a bottle more easily. That's why parents who learn to identify their baby's more subtle, early hunger cues may experience more successful feedings overall.

Common Infant Hunger Cues

These non-verbal cues are reliable signals that your baby wants to feed soon:



Sucking

You may notice your baby actively sucking on hands, fists or a pacifier. Even if your baby is calm and happy, having hands, fingers or fists in the mouth is a very common early sign of hunger.



Hands to Mouth

Even if your baby is not actively sucking, your baby may bring a hand or a clenched fist to his or her mouth.



Alertness

A baby who is ready to feed may appear more alert or active, as opposed to sleepy or relaxed. Their eyes will be open, and they may look at you and make clear eye contact.



Tongue/Mouth Movements

Your baby may smack or open his lips or move his tongue. Some babies may make an “mmm” sound.



Turning to Breast or Bottle

Often called “rooting,” this refers to a baby instinctively turning her head to find her mother’s breast or a bottle.



Crying

Fussing, squirming, agitated movements and ultimately crying are all late-stage hunger cues. If your baby has any difficulty with feeding, then waiting until this stage can make it very difficult to calm your baby or initiate feeding.

What is a Stress Cue?

If your baby cries during feedings, pulls away from the breast or nipple or appears unhappy, you may feel unsure how to respond. You may also worry that you are doing something wrong.

These stress cues are signs from your baby that something about the experience of feeding is not going well, not that you are incapable of feeding your baby. Just like hunger cues, stress cues are movements and expressions that your baby uses as a form of nonverbal communication. In many cases, these cues could be signals that your baby is uncomfortable (and needs a different feeding position), that your nipple flow rate is too fast or that your baby is not ready to feed yet.

Fortunately, the feeding experience is something you can tweak and adapt to meet your baby's unique needs. The first step is learning to read and understand your baby's language.

Common Infant Stress Cues

During feeding, babies across the globe signal that something is wrong with a consistent set of stress cues:



Spread fingers (finger splaying)

Your baby may stiffen and/or stretch his fingers wide apart. He may also appear to have stiff or tense arms.



Gagging or leaking milk

You may notice milk leaking out of your baby's mouth. In more extreme cases, your baby may gag, cough, vomit or cry.

Arched back

Your baby may writhe or arch her back.

Irregular breathing

Your baby may gulp or pant and make audible breathing noises. You may also notice flared nostrils or noticeable chest movement.

Grimacing

Your baby may grimace, frown, look tense or have a wrinkled forehead.

Pulling away

Your baby may pull or turn away from the breast or bottle nipple or push them out of his mouth.

Tips for Feeding

IN THIS SECTION

- [Nursing Tips](#)
- [Nursing Positions](#)
- [Bottle Feeding Tips](#)
- [Bottle Feeding Positions](#)

Nursing Tips

Here are several tips for making sure that you and your baby are comfortable during a nursing session:

- Position yourself first, making sure that you have back support and pillows to prop up your arms and the baby.
- While positioning the baby, try to ensure that they don't have to turn their head to reach your breast.
- Your breast should not press on the baby's chin; make sure their chin is touching your breast first, followed by the nose.
- Instead of supporting the back of your baby's head during a session, use your hand to support the back and create a "second neck" for full support during feeding.
- Do not lean over the baby as you breastfeed, as this will cause you to have backaches and neck or shoulder strain.
- Have everything you need near you before you begin, including burp cloths and a glass of water.

How should I hold my baby while nursing?

Breastfeeding is a journey that will differ from day to day. As your baby grows and changes, so will their needs and comfort levels during nursing sessions. That's why it's important to know the various positions you can use while breastfeeding. Some take the mother-led approach (in which you hold your baby close with their nose level to your nipple), while others are more baby-led (when you allow the baby to move themselves into position to latch and feed).

Some positions are better for newborns, and others can be used at any age. You may find yourself gravitating towards one position in particular or using several different positions throughout the day.

The following pages show several positions you can try. Remember that you and your baby are growing and learning. The position that works best this week may change next week. The goal is for mom and baby to be both safe and comfortable.

Nursing Positions



Cradle

This is the most popular option and one that is used for babies of all ages. In this position, you cradle your baby in your arms with their body facing you, their head resting in the crook of your elbow. Hold the baby in the arm on the same side as the breast you'll feed from.



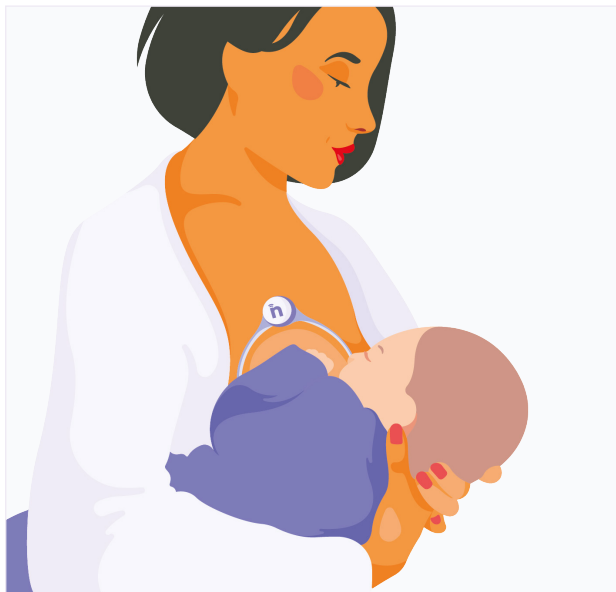
Cross Cradle

This is a variation of the cradle position, with you using the opposite arm than the breast you're feeding from. Your arm comes across your body to offer support as you and the baby are tummy to tummy. Many moms find this to be a great option for newborns.



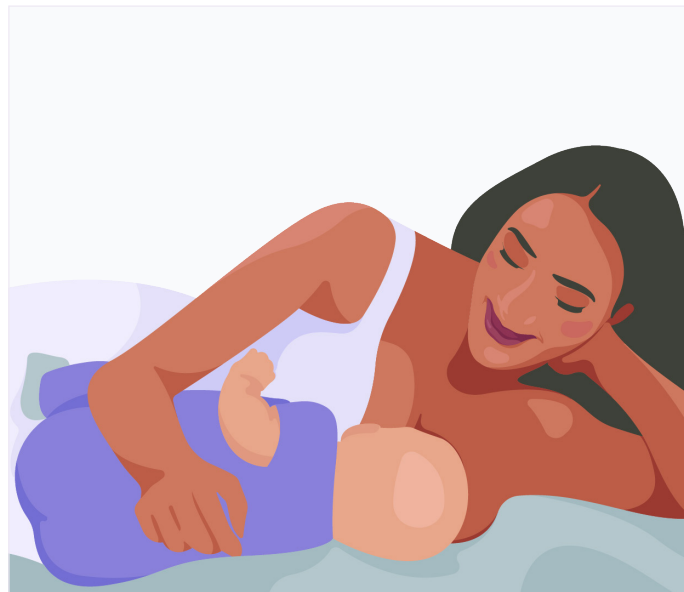
Laid Back

This baby-led option has you recline in a chair or lie propped up on a bed with the baby on your stomach; the baby will use their instincts to find your breast. This is also an excellent option for newborns.



Football

This position is preferred by many who are feeding twins or have had a c-section. Tucking the baby under your arm like a football, you have their legs and feet facing behind you. The position keeps the baby away from your tummy while allowing you perfect visibility of the latching process.



Side-Lying

Lie on your side, supported by pillows behind your back. Your forearm will support the baby's back as you cup their head and neck with your hand. With the baby at breast level, they should easily find your nipple to feed. This position is best suited for older, more skilled babies who have developed strong feeding abilities as this position requires greater control and coordination.



Bottle Feeding Tips

Here are several tips for making yourself and your baby comfortable during a bottle feeding session:

- Support your baby fully during feedings. Babies, especially newborns, need to relax during feeding so they can focus on eating. If their body is not fully supported, they may feel tense, rigid or uncomfortable, and lose the ability to focus on the task at hand.
- Try using a feeding pillow for maximum head and neck support.
- Make sure you can see your baby's face and hands. Your baby uses these body parts the most to communicate discomfort or problems during feedings. For this reason, you should also avoid swaddling your baby's arms and hands during feedings.
- Be mindful of your own comfort. The best feeding position is not only about your baby's needs. You also need to sit comfortably for as long as 20 to 30 minutes without the risk of losing support or strength.
- Give it time. If your baby is clearly uncomfortable and not feeding well, it's a good idea to adjust your position. If your baby is coughing or choking during feeds, you should definitely adjust the position right away. However, if you are unsure if your position is a factor in feedings not going well, don't give up too fast. It's important to try a position repeatedly over a period of a 2–3 days before you abandon it.

How should I hold my baby during bottle feeding?

It's a simple question that you may not have considered until your first bottle was poured, warmed and ready to go. Perhaps you assumed it would come naturally, or you mimicked a position you saw other parents use in public or on TV.

There are many ways to hold a baby during feeding, but only a select few that we recommend for the best results and maximum comfort for you and baby.

The following pages show several positions you can try during a bottle feeding session. Remember that you and your baby are growing and learning. The position that works best this week may change next week. The goal is for mom and baby to be both safe and comfortable.

Bottle Feeding Positions



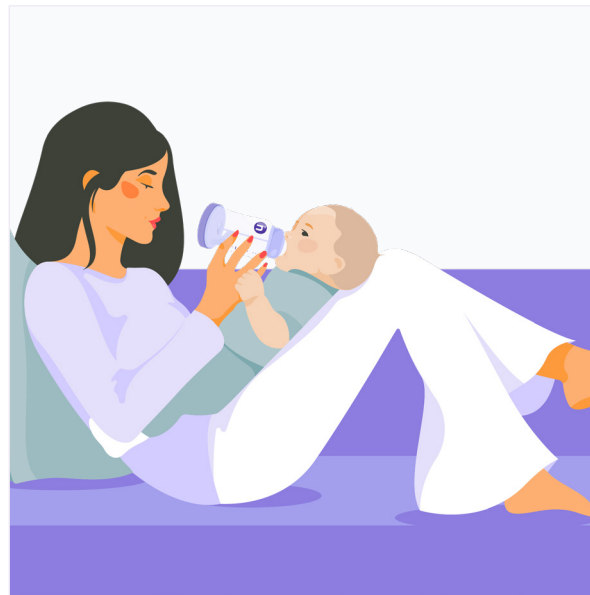
Use your body with cradled arms

This position is most commonly shown in pop culture with bottle feeding. It's important to make sure that your baby's head is fully supported and that you can see your baby's face. (Don't position your baby facing outward away from you.)



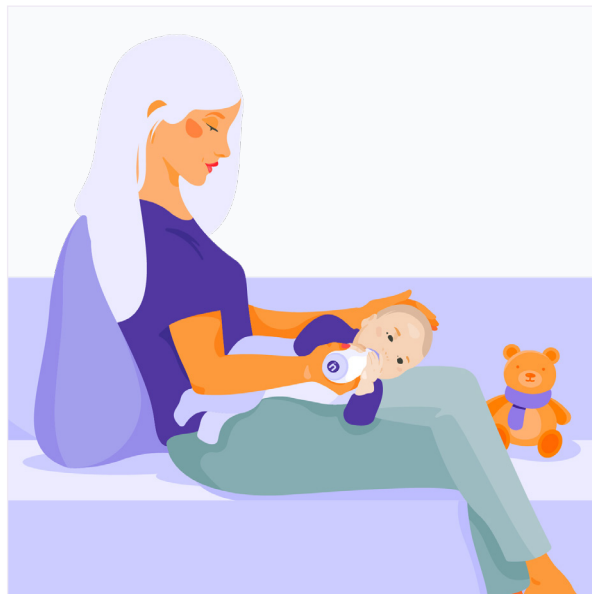
Use your body with crossed legs

This is a variation on the first position and may be most comfortable for dads and male caregivers. Once again, your baby's head should be fully supported so he or she can relax and focus efforts on feeding.



Use your body with raised legs

Sit with your feet propped and lean your baby against your legs, facing toward you. This position works well when seated on a couch or bed. Make sure that your own body is also propped up and that you can fully see your baby's face.



Elevated side lying with crossed legs

Elevated side lying positions most closely mimic a baby's body position during breastfeeding. You may use a feeding stool so that your feet are supported and your legs are at a 90-degree angle. You may rest your hand on your baby's back or head for gentle touch input.



Elevated side lying with feeding pillow

A feeding pillow can help make sure your baby is supported and comfortable—especially when you don't have a stool. With this position, you can position your baby on the side with his or her bottom resting against your belly, and the legs flexed out.



Understanding Nipple Flow Rates

IN THIS SECTION

- [Infant Control Flow Nipples](#)
- [Find Your Perfect Flow](#)
- [Myths About Nipple Flow Rate](#)

nfant® Control Flow Nipples

Why hospitals and clinicians trust nfant most

nfant® Control Flow Nipples are designed (and scientifically verified) to provide the most consistent and reliable flow rates, leading to the best feeding outcomes at any stage. A consistent feeding experience is crucial for supporting a baby's developmental progress when learning to bottle feed. Consistency helps infants practice their motor skills without becoming overwhelmed or frustrated. And a predictable flow allows babies to pace themselves during feeding, fostering self-regulation and reducing the risk of overfeeding or choking.

Safe for baby and easy for parents, our 100% silicone nipples provide the same venting and controlled flow rates of specialty bottle systems without all the hard to clean pieces. Our simple design fits on any standard baby bottle, including breast milk storage bottles. Benefits of nfant control Flow Nipples include:

- Flow rate options for every age and ability.
- BPA free, phthalate free, latex free, and lead free.
- Individually packaged, clean, and ready to use in any environment—hospital, home or clinic.



Find Your Perfect Flow

Baby bottle nipples come in various flow rates, ranging from slow to fast. The flow rate affects how quickly milk or formula is delivered to your baby. Your nfant® Thrive Feeding System comes with an assortment of nipples at varying flow rates. Generally speaking, many newborn babies will start with a Slow Flow Nipple, or even one of nfant's patented Extra Slow Flow nipples, but that's not always the case.

So which nipple is right for your baby? It's entirely up to their unique preferences and needs. Some babies may move on to a standard or faster flow nipple fairly quickly, and others may stick with a slow flow nipple for the entire experience of bottle feeding.

Try a slower flow rate nipple if you observe gulping, coughing, choking or milk dripping out of your baby's mouth. If your baby finishes a bottle quickly (10 minutes or less) and does not seem satisfied, consider moving down a level.

The nfant® Thrive Tracker App uses real-time biofeedback captured during feedings to help you determine the best nipple flow rate for your baby. It even helps you predict when it may be time to change nipple speeds.

The following pages offer a detailed guide to all the nfant Control Flow Nipples.

Gold Extra Slow Flow



- This is a good option for premature babies just beginning to orally feed.
- It is also a good option for full term infants who are being followed by a health professional for feeding issues and are fed orally with caution.

Purple Slow Flow



- This is a good option for premature babies as they advance their ability to orally feed.
- It is a good option for full term infants who enjoy a smaller amount of fluid in the mouth (bolus) to safely suck and swallow.
- A great place to start for beginner feeders or when introducing bottles to a breastfeeding baby.

White Standard Flow



- A good option for full term infants in the early phases of bottle feeding or transitioning to a bottle from breastfeeding, or when circumstances require both breast and bottle feeding.
- This is a good option for premature babies as they prepare for discharge/when it is safe to move away from the Infant Slow Flow.

Blue 2x Standard Flow



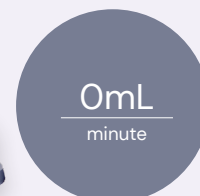
- Ideal for infants who prefer a faster flow rate than the nfant Standard Flow.
- This is a good option for infants using high calories formulas (due to the increased thickness of the fluid).

Green 3x Standard Flow



- Our fastest flowing nipple. Only recommended for the most mature bottle feeders.
- Great for babies who are taking thickened liquids as part of a medically established plan for esophageal reflux.

Silver No Flow Trainer



- This nipple contains no hole, so it has no flow rate.
- It can be used to practice sucking when filled with warm water and familiarize baby with the size and shape of nfant nipples.
- Recommended as the first stage to transition newborns from a feeding tube.

Need more nipples? nfant® Control Flow Nipples are available for purchase on our website (nfant.com) and on Amazon.

Myths About Nipples

Introducing a bottle will hinder my baby's breastfeeding.

FALSE: Nipple confusion is a misleading term — babies don't get confused, they form preferences based on their skill level and ease of feeding. Preferences include feeding position, nipple shape and, most importantly, flow rate. To support breastfeeding, start with a slow-flow nipple. This helps maintain consistency and support success with both breast and bottle feeding.

Your baby's nipple flow rate should increase as they get older.

FALSE: It is a common and damaging misconception among parents that babies should "graduate" or age into faster flow nipples throughout their first year. Not all babies will use, want or need a fast flow nipple before using a sippy cup, and there's absolutely no connection between a baby's ability to drink or feed effectively with how fast they do it. Your baby could use a slow flow nipple throughout bottle feeding, and it would be perfectly fine, safe and developmentally appropriate for how they feed.

All slow flow nipples by any brand are the same speed.

FALSE: Scientific studies have proven that the commercial market is completely unregulated. Any company can describe their nipple however they want to, and what is branded "slow flow" by one brand could be faster or slower than a competitor's version. (In fact, researchers have even found flow rate disparities among nipples made by the same manufacturer!) That is why it is important to avoid using different brands of nipples, which could confuse your baby and impact their ability to feed well.



Getting Started with the nfant[®] Thrive Tracker App

IN THIS SECTION

- [Setting up Your Account](#)
- [Baby Profile](#)
- [Caregiver Profiles](#)

Setting up Your Account

You can download the nfant Thrive Tracker App at either the Apple Store or Google Play, depending on which mobile phone you use. The app is free to download.



After creating your username and password, you will first be prompted to create a Baby Profile for your child.

- If you are expecting you will be prompted to enter your baby's due date and may complete the Baby Profile setup after your baby arrives.
- If you are a new parent you will be prompted to enter info about your baby to complete your Baby Profile.

The 'Sign up' screen features a back arrow in the top left corner. The title 'Sign up' is centered at the top. Below it are two input fields: 'Email' and 'Password', the latter with an eye icon for toggling visibility. A checkbox with a radio button is labeled 'I have read and agree to nfant's Terms and Conditions and Privacy Policy'. At the bottom is a large 'Create Account' button and a link that says 'Have an account? Login'.

The 'Tell us about yourself' screen has a progress bar at the top with three segments: 'User Information' (active), 'Baby Information', and 'Thrive Sensor(s)'. The title 'Tell us about yourself' is centered. Below is a 'Name *' field. A 'Relationship to child' section contains three buttons: 'Mom', 'Dad', and 'Other'. A footnote states: '* You will be the Primary Caregiver. After you invite other caregivers, you can set others as the Primary Caregiver.' At the bottom is a large 'Save and Continue' button.

Baby Profile

You may choose to enter your baby's full name or just a nickname, and whether to upload a real photo or use a stock photo from your phone album. These descriptors are completely up to you!

The most important information helps our app optimize its settings and recommendations to your baby's needs. These key stats include:

- Sex
- Birth weight/length
- Due date and birth date

It is important that our app knows if your baby was born full-term (at 37 weeks or later) or was born premature. Premie babies may have under-developed muscles that are needed for feeding, and our app may make recommendations specific to your baby's needs.

Caregiver Profiles

During setup, you will be prompted to enter information about yourself as well. Most of this information is typical account information (email address, etc.) and includes your relationship to baby.

Getting Started with nfan[®] Thrive Breast

IN THIS SECTION

- Infant Thrive Breast Contents
- Calibration
- First Feeding
- Using Your Thrive Tracker App
- Cleaning
- Charging the Breast Sensor
- Best Practices

nfant® Thrive Breast Contents

- 1 nfant Thrive Breast Link
 - 2 nfant Thrive Breast Sensor
 - 3 nfant Thrive Wireless Charger & Cord
 - 4 Reusable Electrode pairs (20) in two moisture-sealed bags.
 - 5 Link Stickers (50)
- nfant Thrive Breast Starter Instructions (not shown)
 - nfant Thrive Tracker App (provided separately)
 - nfant Thrive Analytics Database (provided separately)
 - Mobile Device (user provided – Android 4.4+, iOS 13+)



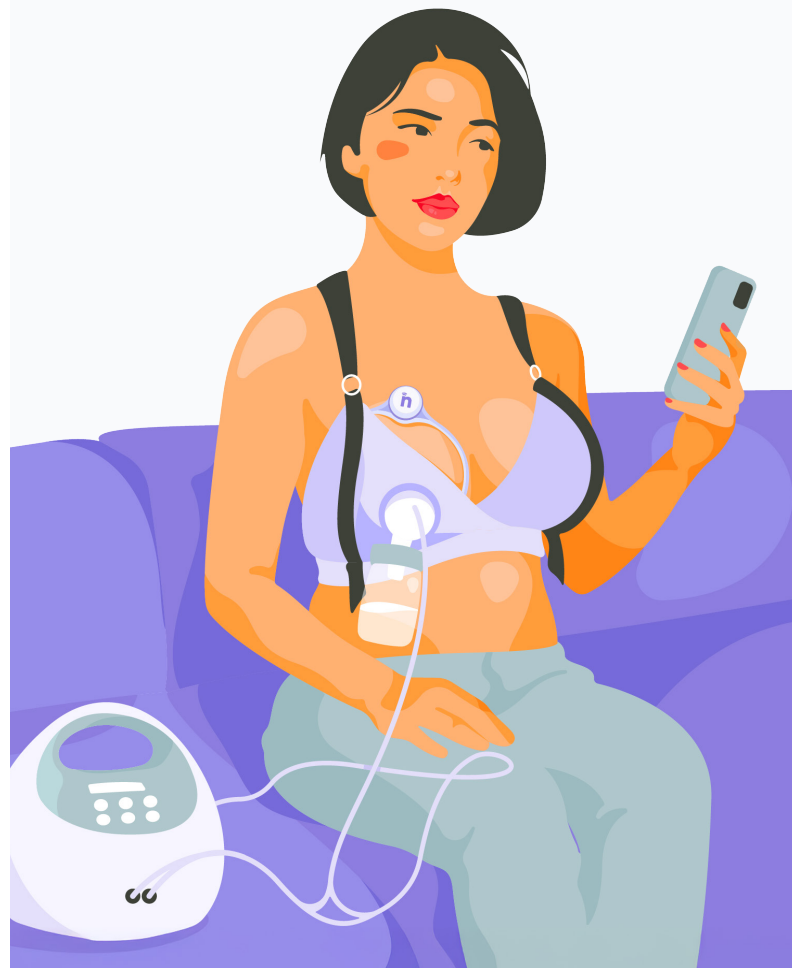
Calibration

The first time you use nfant Thrive Breast, we recommend measuring a pumping session. It is easier to become familiar with the device and the app without worrying about a baby to feed! But measuring milk flow while pumping is also a very important step in the calibration process.

Recognizing that all moms and babies are unique, calibration ensures accurate and reliable data while you and your baby change over time. In other words, while you are learning about nfant Thrive Breast, the app is learning more about you!

During this calibration session, you will input information about your milk flow, such as volume expressed and when letdowns occurred. This will help the app predict similar information when you are nursing your baby. This data is also combined with the aggregate data from other moms using the app, helping our algorithm become smarter and more precise over time.

If you are not currently pumping, we recommend at least opening your Thrive Breast product and practice placing the Breast Link (see page 51) before you measure a feeding with your baby.



Prepare your skin

Clean and dry your skin where the Thrive Breast Link will be placed (on your chest and on either side of your breast) to remove any lotions, oils, dead skin, or makeup.

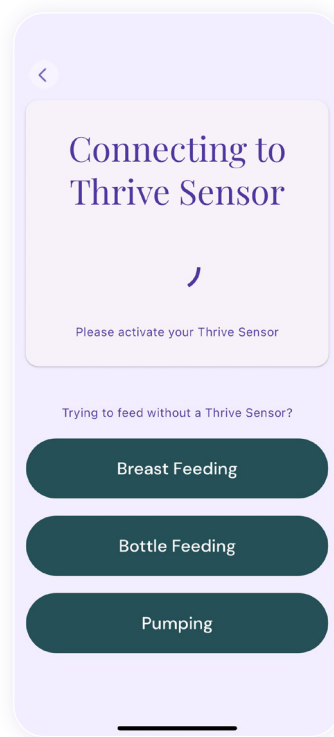
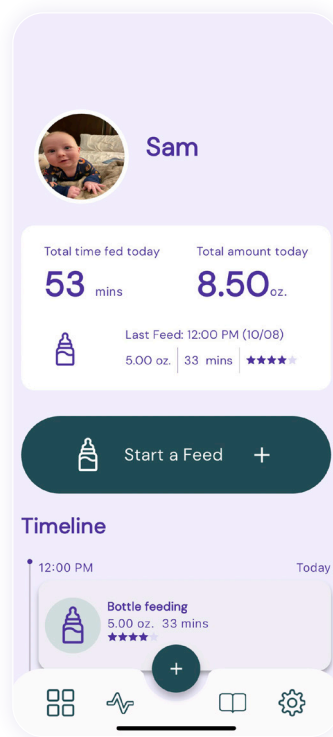
Activate the Breast Sensor

Open the Tracker App on your mobile device. (If you did not register your Breast Sensor during your account setup, it will be automatically be registered during your first feeding.)

Ensure your sensor is charged and turned on (you can shake the sensor gently to wake it). Select “start a feed” in your app dashboard.

- Sensor blinking Red slowly means it is ready to connect
- Sensor blinking Green slowly means connected and ready to stream
- Once you have started a feeding, the sensor will blink Purple. This indicates data is streaming.

You will see a status wheel as your Sensor connects.

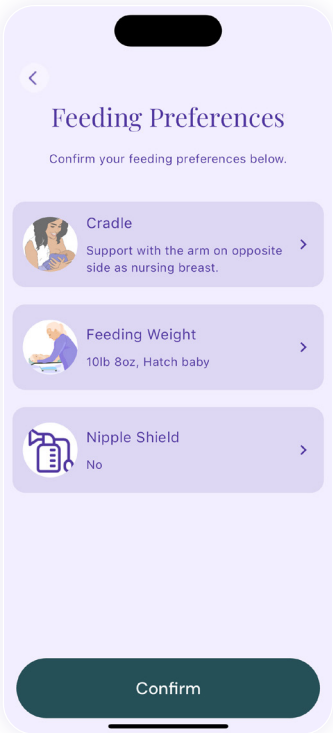
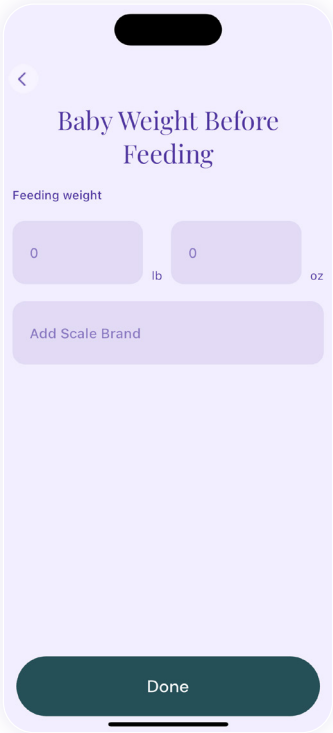


Enter weight and preferences

When your Breast Sensor is connected, you will select “pumping” from the options.

You will then be prompted to enter your baby’s weight before feeding. (If you do not have a scale at home, you can skip this step.) Then you will select your feeding preferences.

Tap “Confirm.”



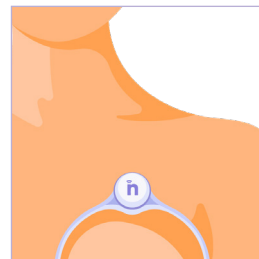
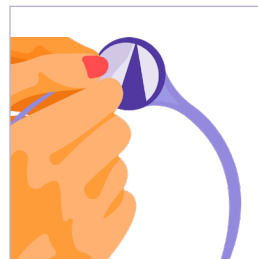
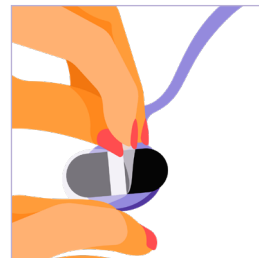
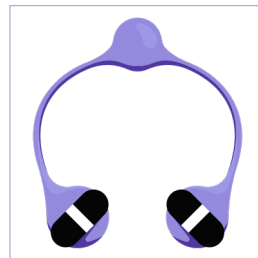
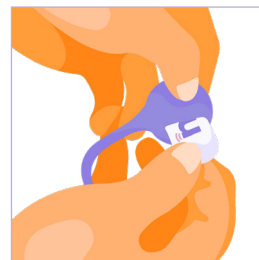
Prepare the Breast Link

- Remove two electrodes from one of the metallic bags (leave the other bag unopened until needed).
- Snap a set of electrodes into each Link pad. Push until you hear or feel the “snap”.
- Turn the Link over and affix a Link Sticker to the back of the Sensor Port. (The stickers are double-sided; peel both sides.)
- Peel the sticker backing off the electrodes so they become sticky.

Place the Breast Link and Electrodes

- Pick up the Link and affix an electrode to either side of your breast. The electrodes should be in line with your nipple (and approximately one inch back from the edge of your flange).
- Stick the top of the Link (the Breast Sensor) to your chest.

You will follow these same steps, using new electrodes and stickers as needed, each time you want to measure a feed.

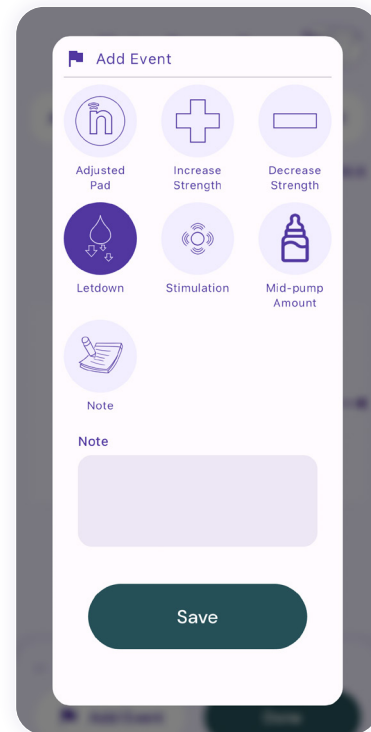
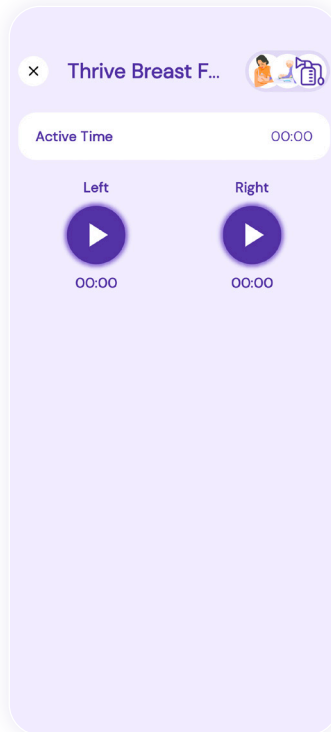


Starting pumping and record your data

When you are ready to pump, press the play button on the side you are pumping on. Sit still and breathe normally for a few seconds. The Breast Sensor will perform a sweep of your breast.

To record the other side, tap “pause”, move the Link to the other breast and press play for that side. Make sure the Breast Sensor is pulsing purple.

During the pumping session, you will be asked to log when you feel your letdowns occur and the volume of milk you expressed.





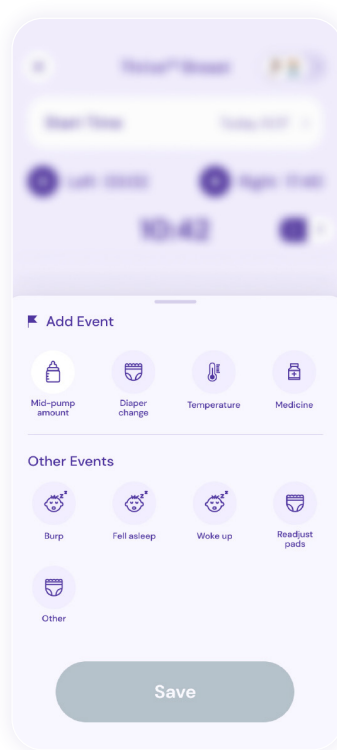
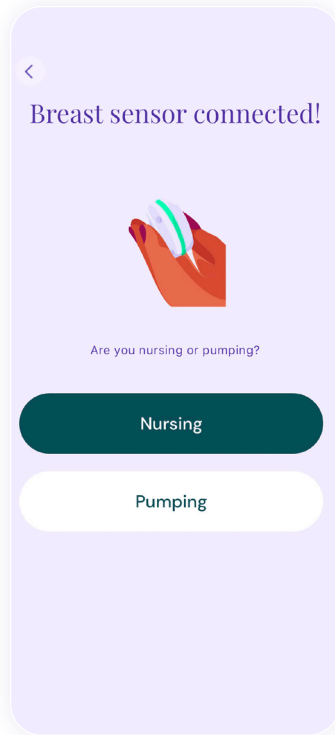
First Feeding With Thrive Breast

Once you have finished calibrating your app, you are ready to measure your first feeding with nfant Thrive Breast. **You will follow the same initial steps as during the calibration session on the previous page,, but this time you will select “nursing” instead of “pumping” in the app.** Follow the prompts to add your baby’s weight and your feeding preferences.

We recommend recording one breast per feeding, until you become more confident in your use of Thrive Breast. Recording both breasts during a single feeding is recommended only for professional use.

It is not necessary to measure all feedings for routine use. nfant Thrive Breast is most effective when used to understand when feeding milestones are occurring with mom and baby. Recommended use is 1-2 feedings a day to 3-5 feedings a week, depending on your goals.





When you are done nursing your baby, select “end feeding.”

You can now rate the feed and/or add any post-feeding information, such as any cues you saw from your baby or post feeding events (such as spit-up).

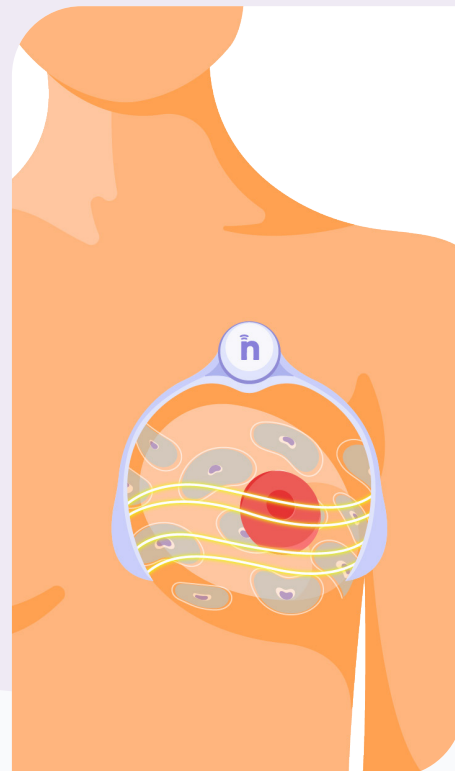
We marry the data that you entered at the start of the feeding, the impedance we’re capturing (see following pages), any events you entered during the feeding, and your answers to the final feeding questions to give you insights on your milk flow and feeding session.

Understanding Your Milk Flow

nfant® Thrive Breast is intended to measure when milk is flowing during breastfeeding (milk ejection/letdown) and how much milk flowed during a breastfeeding session (volume expression). It does this using bioimpedance.

Bioimpedance is a technique that measures the resistance of body tissues to the flow of a small, harmless electrical current. It is commonly used to estimate body composition, such as the percentage of body fat, muscle mass, and water content. Bioimpedance analysis (BIA) is applied in health, fitness, and medical settings to monitor overall health, assess hydration levels, and track changes in body composition over time.

Bioimpedance can estimate the volume of breast milk produced by a nursing mother by measuring the electrical resistance of the breast tissue before and after feeding. Because breast milk contains water, proteins, and electrolytes, it conducts electricity differently than the surrounding tissues. By comparing the bioimpedance readings before and after a feeding session, the change in electrical resistance can be correlated with the volume of milk removed. This method allows for a non-invasive, real-time estimation of milk production without directly measuring the milk itself.



As you nurse, the app will display a “bioimpedance number.” This bioimpedance number reflects your tissue’s electrical resistance at various stages of milk flow and is presented in the app as a proxy for changes in milk volume or flow rate during the nursing session.

This number will typically range between 60 and 240. If your number falls outside of this range, the irregularity may be caused by movement, oil residue on the skin, or improper placement of electrodes. If you have corrected for those issues and are still seeing a number outside of the range, feel free to reach out to our support team (help@nfanf.com), and we can help you troubleshoot.

You can toggle between your bioimpedance number (Figure A) and a live feeding screen (Figure B) that indicates letdowns and when milk is flowing.

You can also view a summary of your feeding session (Figure C), which includes the total time of the feed, the amount of time that milk was flowing and the estimated total volume of milk expressed.



Figure A



Figure B

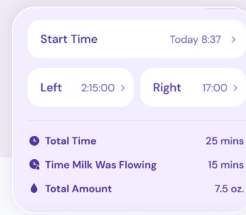


Figure C

WARNING:

nfant Thrive Breast is a health and wellness tool and not a medical device. It is intended to complement a user's healthy lifestyle; it is not intended for use as a medical device or to replace a medical device. It does not and is not intended to diagnose, cure, treat, alleviate or prevent any disease or health condition or investigate, replace or modify anatomy or any physiological process.

Validity of information on bioimpedance, amount of milk flow and timing of milk flow provided by the nfant Thrive Tracker App is intended for general health and wellness purposes only and is not a substitute for professional medical advice, diagnosis or treatment. These statements have not been reviewed by the US Food and Drug Administration.

Cleaning Instructions

- **Breast Link:** Hand wash only—wipe with alcohol.
- **Breast Sensor:** The Breast Sensor is not waterproof! If needed, gently wipe clean with a damp cloth or alcohol wipe. Never submerge in water or place in the dishwasher.
- **Electrodes:** Do not clean. Electrode hydrogel will begin to dry out after opening and first use. Use within 24 hours then discard. If re-using during the 24 hour period, place plastic protectors back on electrodes after use and return to bag. You may choose to leave the electrodes on your skin until the next feeding.



Charging the Breast Sensor

- Plug charger into a 5 volt USB jack.
- The charging coaster should glow blue and green (like a poker chip). Then, solid green and then go to sleep (no light).
- Place the Breast Sensor logo side down. The charging coaster will glow blue. If the sensor is not in the correct location, or something else is on the coaster, the coaster will glow green and eventually go to sleep.
- When the Breast Sensor is fully charged, the coaster will alternate green and blue.



Best Practices

- On the Mobile Device, ensure all wireless connectivity is turned on.
- A WiFi connection is not required for feeding. An internet connection is required post-feeding for data to be processed by the nfant cloud database and viewed on the Tracker App.
- The nfant® Thrive Breast Sensor is self-calibrated every feeding to display feeding data for interpretation by the user. More information on calibration settings and user preferences can be found in the Thrive App settings section.
- Do not let your sensor battery drain to zero percent. After a few hours of use, or after several idle days, charge your sensor for an hour.
- If the Breast Sensor is used on more than one baby, make sure it is assigned to the appropriate baby at the time of feeding. Failure to do so will result in the feeding data being assigned to wrong baby in the nfant® Analytics Database. Default settings in the Tracker App assume one Breast Sensor per baby.
- Inspect all Thrive Breast components prior to each use. Always replace components that show signs of wear.
- It is not necessary to measure all feedings for routine use. nfant Thrive Breast is most effective when used to understand when feeding milestones are occurring with mom and baby. Recommended use is 1-2 feedings a day to 3-5 feedings a week, depending on your goals.



Getting Started with nfan[®] Thrive Bottle

IN THIS SECTION

- Infant Thrive Bottle Contents
- Thrive Bottle Parts
- Assembly
- How Does Infant Thrive Bottle Work?
- Starting a Bottle Feeding
- How to Read the Curve
- Optimizing Your Feedings
- Cleaning
- Charging the Bottle Sensor
- Best Practices

nfant® Thrive Bottle Contents

- 1 nfant Thrive Bottles (2)
- 2 nfant Thrive Bottle Sensor
- 3 nfant Thrive Wireless Charger & Cord
- 4 nfant Control Flow Nipples (8)
- 5 nfant Connected Feeding Guide

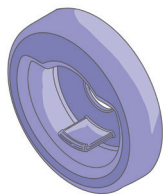
- nfant Thrive Tracker App
(provided separately)
- nfant Thrive Analytics Database
(provided separately)
- Mobile Device (user provided –
Android 4.4+, iOS 13+)



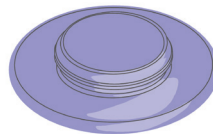
Thrive Bottle Parts



1 Bottle Body



2 Bottle Bottom



3 Bottle Silicone Plug



4 Bottle Cantilever



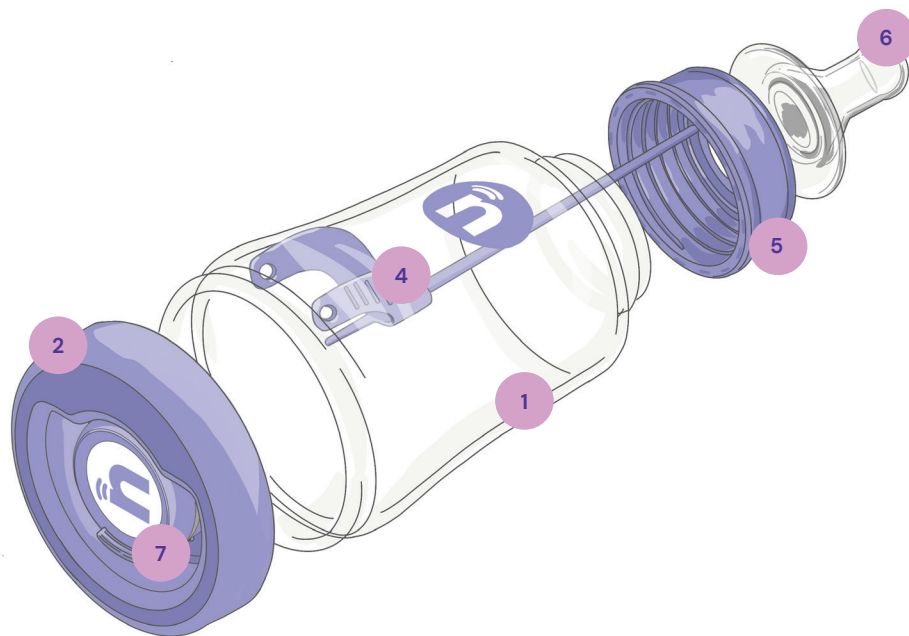
5 Nipple Ring



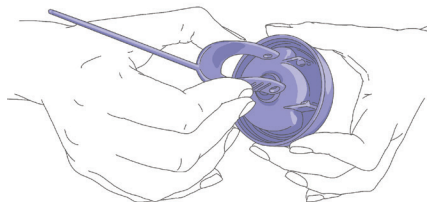
6 Silicone Nipple



7 Bottle Sensor

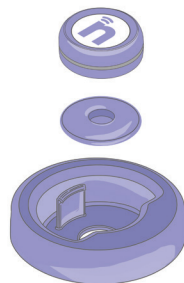


Assembly



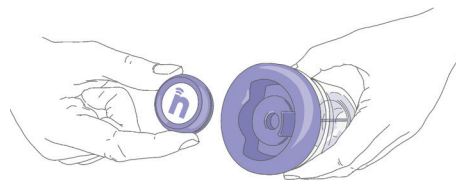
Attach the cantilever

This paddle-like attachment stays inserted in the bottle during feedings and does not interfere with your baby's feeding experience. You may remove it for cleaning. To re-attach, gently squeeze the two levers inward and fit the hooks over the notches on either side.



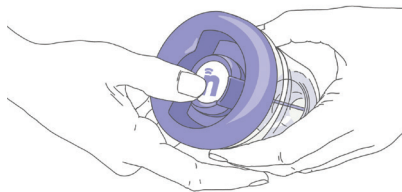
Bottom Assembly

There are two parts that attach to the bottom cap of your Thrive Bottle. (1) The silicone plug is inserted first, with the protruding drum piece facing inside the bottle. (2) The sensor fits snugly into this drum.



Sensor is optional

Your Thrive Bottle may be used without the sensor attached. However, it will not capture or transit any feeding data when the sensor is not in place.



Fitting the sensor

The sensor should snap snugly in place with the “n” facing outward. Remember to remove the sensor before washing your bottle after each feeding. The sensor is not waterproof.



Bottle bottom cap and nipple ring

The larger circle piece is the bottom cap of your bottle. The smaller piece is the nipple ring that holds the nfant nipple with a flow rate that best matches your baby’s feeding needs. Make sure both pieces are firmly screwed on so the bottle will not leak.

Before the first use

Nipples

You may sanitize the silicone nipples in boiling water or using any standard method before the first use. On subsequent uses, our nipples may be sanitized, hand-washed or placed on the top rack of your dishwasher.

Bottle

The nfant Thrive Bottle should be fully charged before the first use. When fully charged, it should last through 8–12 feedings. We recommend charging the bottle overnight for use the next day.

How Does nfant Thrive Bottle Work?

Each time your baby feeds, a complex set of muscle movements takes place, driven by your baby's tongue. This suck-swallow-breathe pattern requires both tongue strength and careful coordination among key muscle groups, including the lips, jaw and hard/soft palate.

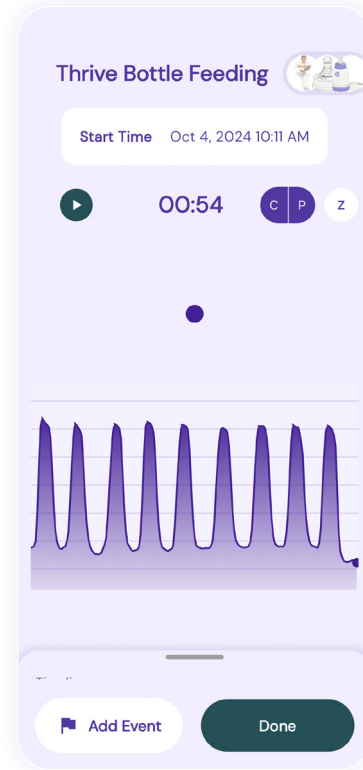
Your nfant® Thrive Bottle measures and tracks these movements during each feeding. The cantilever inside your bottle fits into the top of your baby's nipple. As your baby sucks on the nipple and swallows, those muscle movements cause the cantilever to move and tap the drum at the bottom of the bottle.



The sensor on the bottom of the bottle wirelessly transmits these movement patterns to the nfant Thrive Tracker App, where they can be viewed in real time.

It also sends this data to our nfant Analytics Cloud, where it combines with data from other families and clinicians as they use nfant Thrive Bottle. The customized metrics and analyses the App will share with you are informed by our algorithm and designed to help you navigate your baby's feeding journey. This algorithm is based on a decade of research and ongoing collaborations with hospital systems, clinicians and researchers.

As more data enters the cloud, and as we learn more about you and your baby, the analytics and metrics we provide will get even better. The more you use nfant Thrive Bottle, the smarter your App will get!



Starting a Bottle Feeding

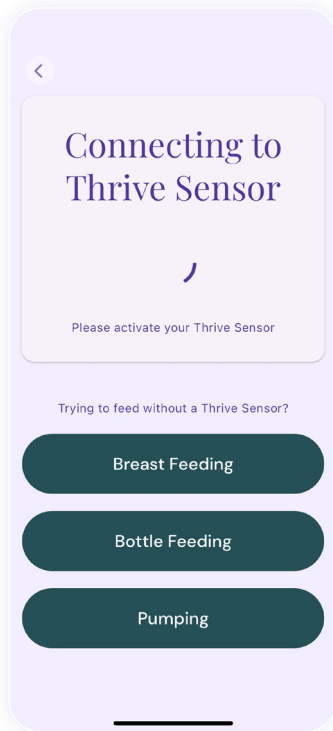
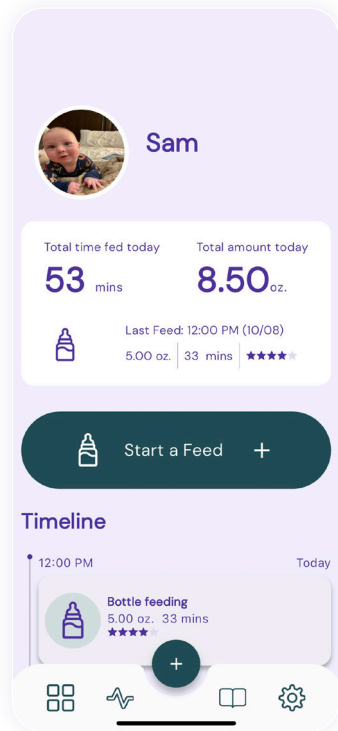
Open the Tracker App on your mobile device. (If you did not register your Breast Sensor during your account setup, it will be automatically be registered during your first feeding.)

Ensure your sensor is charged and turned on (you can shake the sensor gently to wake it). Select “start a feed” in your app dashboard.

- Sensor blinking Red slowly means it is ready to connect
- Sensor blinking Green slowly means connected and ready to stream
- Once you have started a feeding, the sensor will blink Purple. This indicates data is streaming.

You will see a status wheel as your Sensor connects.





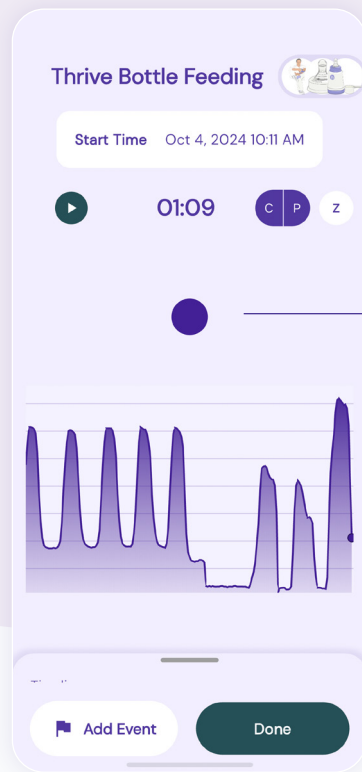
You may start a feeding either by clicking on the “Start a Feed” button on the dashboard or by pressing the “+” button at the bottom of any screen in the app.

How to Read the Curve

During your first few feeding sessions, your Tracker App will default to a split-screen view of your baby's feeding data. You will see both (1) the Feeding Curve and (2) the Feeding Pulse, an animated representation of the muscle movements represented by the curve.

Once you get more comfortable reading your baby's feeding performance, you can choose the view you like best: the Curve, the Pulse or both at once.

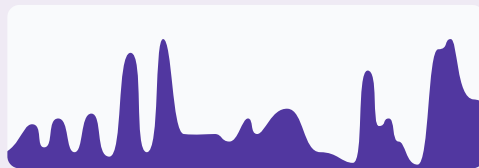
Scan this QR code to view a short video on how to read the feeding curve.



2 Feeding Pulse

1 Feeding Curve

Tip #1:
Look for rhythmic movements



When your baby feeds, a complex set of coordinated muscle movements takes place. When you see the Feeding Curve in your app, it will show a series of peaks and valleys. When your baby's muscle movements are coordinated, you will notice a rhythmic pattern (left). Each one of these peaks represents a series of suck-swallow-breathe movements. Sometimes, all babies may show an irregular pattern that is not steady. (right). In these cases, our Tracker App can help you figure out if you need to make a change, like holding your baby differently.

Tip #2:
Look for strong movements



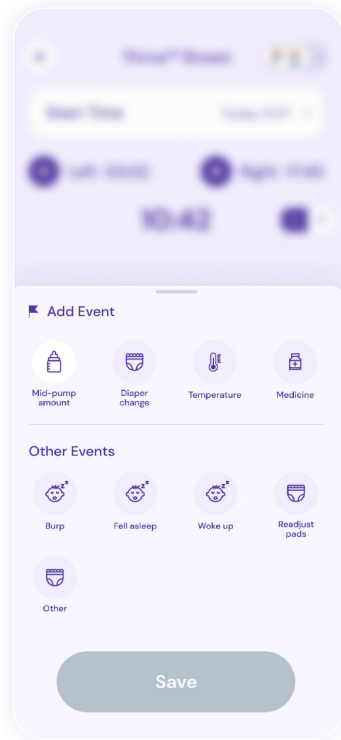
The height of the feeding curve can tell you how strong your baby is sucking on the bottle nipple. Every baby's baseline will be different. You will learn to identify what's "normal" for your baby after a few feedings! When the curve appears too high or too low for your baby, the Tracker App can help you determine if you need to make a change, like switching to a slower or faster nipple flow rate.

Tip #3:
Every baby feeds differently

Just like every baby develops at his or her own pace, they will also learn to feed on their own timeline. We discourage parents from focusing on what's "normal" or not. Our goal with nfant® Thrive is to help you develop a deep understanding of your baby's unique needs and preferences. Our Tracker App is designed to help you trust your parental instincts and make the best adjustments to help your little one thrive.

Optimizing Your Feedings

You can maximize the quality and quantity of data by sharing your observations and other key info after each feed. This step is really important because as the caregiver, your eyes and ears can help make the Tracker App even smarter. By telling us how your baby acted during and after the feeding—such as whether your baby fell asleep, burped or cried—we give you more personalized recommendations.







Cleaning Instructions

Bottle Sensor

- The Bottle Sensor is not waterproof! Remove Bottle Sensor from the Bottle before washing.
- If needed, gently wipe clean with a damp cloth.
- Never submerge in water or place in the dishwasher.



Thrive Bottle

- Wash all components thoroughly before first use.
- Bottle, bottom cap and cantilever attachment are all dishwasher safe on the top rack only.
- Bottle components may also be hand washed with soap and water.
- Thoroughly wash all bottle components in between feedings and allow to dry.

Control Flow Nipples

- Wash nipples and nipple rings thoroughly before first use. You may choose to boil nipples to sterilize.
- Nipples and nipple rings are dishwasher safe on the top rack only.

Charging the Bottle Sensor

- Plug charger into a 5 volt USB jack.
- The charging coaster should glow blue and green (like a poker chip). Then, solid green and then go to sleep (no light).
- Place the Bottle Sensor logo side down (independently or while still in the bottle). The charging coaster will glow blue. If the sensor is not in the correct location, or something else is on the coaster, the coaster will glow green and eventually go to sleep.
- When the Breast Sensor is fully charged, the coaster will alternate green and blue.



Best Practices

- On your mobile device, ensure all wireless connectivity is turned on.
- A WiFi connection is not required for feeding. An Internet connection is required post-feeding for data to be processed by the nfant cloud database and viewed on the Tracker App.
- The nfant® Thrive Bottle Sensor is self-calibrated every feeding to display feeding data for interpretation by the user. More information on calibration settings and user preferences can be found in the Tracker App settings section.
- Do not let your sensor battery drain to zero percent. After a few hours of bottle use, or after several idle days, charge your sensor for an hour. You can keep the sensor attached to the bottle when charging, or remove and place in the center of the charger.
- If Bottle Sensor is used on more than one baby, make sure Bottle Sensor is assigned to appropriate baby at the time of feeding. Failure to do so will result in feeding data being assigned to wrong baby in the nfant® Analytics Database. Default settings in the Tracker App assume one Bottle Sensor per baby.
- Inspect all Thrive Bottle and Nipples for wear prior to each use. Always replace components that show signs of wear.
- Over-tightening the collar on the bottle can result in leakage or nipple collapse. If this happens, loosen.
- Do not use nfant Control Flow Nipples as a pacifier.

Visit our Feeding 101 Help Center at nfant.com for in-depth resources, tips and baby feeding guides. You can also follow us on Instagram: [@nfantlabs](https://www.instagram.com/nfantlabs).

