



## MINNESOTA WIC PROGRAM

# Paced Bottle Feeding: Infant Feeding Series

FOR BREASTFED BABIES THAT USE A BOTTLE AND FORMULA FED BABIES

## What is Paced Bottle Feeding?

Paced Bottle Feeding is a method of bottle feeding that allows the infant to be more in control of the feeding pace. This feeding method slows down the flow of milk into the nipple and the mouth, allowing the baby to eat more slowly, and take breaks. Paced feeding reduces the risk of overfeeding that may result in discomfort to the baby. This feeding method is recommended for any baby that receives bottles, whether fully bottle fed, or fed from the breast and a bottle.

## Paced Bottle Feeding Steps:

1. Choose a small, 4 oz. bottle and a slow flow nipple.
2. Hold baby in your lap in a semi-upright position, supporting the head and neck.
3. When baby shows hunger cues, tickle baby's lip so he opens his mouth wide.
4. Insert nipple into baby's mouth, making sure the baby has a deep latch.
5. Hold the bottle flat, (horizontal to the floor).
6. Let the baby begin sucking on the nipple without milk, then tip the bottle just enough to fill the nipple about halfway with milk.
7. Let baby suck for about 3-5 continuous swallows—20-30 seconds.
8. After 3-5 continuous swallows, tip the bottle down, giving baby a little break.
9. After a few seconds, when the baby begins to suck again, tip bottle up to allow milk to flow into the nipple.
10. Continue this Paced Feeding until baby shows fullness signs - no longer sucking after the break, turning away or pushing away from the nipple.

After several days of Paced Feeding, babies will start to learn to pace themselves. You will notice them taking their own sucking breaks, and then returning to feeding. Positioning the baby upright and holding the bottle in a flat position helps babies gain this control.

## When is a good time to talk with participants about Paced Bottle Feeding?

Parents want what's best for their baby. If the topic of Paced Bottle Feeding is introduced to parents in a participant centered manner, they usually show interest in learning more about it. Times when parents may be the most interested, or that the education could be the most impactful, include:

- Prenatally, if mom states that she is **not** breastfeeding, or wants to *only* express breastmilk and feed from a bottle.
- At Infant Certification, if baby is receiving bottles (with breastmilk or formula).
- When a breastfeeding mom requests (and receives) formula.
- When a breastfeeding mom is preparing to return to work.
- When mom reports baby “spits up all the time” or “is colicky”.
- If baby has a medical diagnosis of GERD.

## Ideas for Demonstrating Paced Bottle feeding.

### ➤ **USE MOM'S OWN BABY.**

If baby is present, help mom position baby for feeding, and invite her to offer a bottle to the baby as you coach her on how to do Paced Bottle Feeding.

### ➤ **DEMONSTRATE USING A LIFE-SIZED DOLL AND A BOTTLE FILLED WITH FAKE MILK.**

To make a demonstration bottle:

1. In the bottle, mix together water and several squirts of white tinted hand lotion until the color resembles milk.
2. Seal nipple hole and nipple to bottle with silicon glue.
3. Keep out of reach of young children.

### ➤ **WATCH A SHORT PACED BOTTLE FEEDING VIDEO WITH THE PARTICIPANT**

- [Paced Bottle Feeding by the Milk Mob](#) - focuses on breastfed babies.
- [Paced Bottle Feeding Demonstration](#) - appropriate for bottle and breastfed babies, and is demonstrated by a young mom.

### ➤ **UTILIZE LAMINATED PACED BOTTLE FEEDING INSTRUCTION SHEET.**

A laminated instruction sheet is available on the [WIC Materials Order Form](#). This instruction sheet has good pictures of Paced Bottle Feeding that can be viewed as you explain the technique. The written portion of this handout may be too long and detailed for some participants.