



PACED BOTTLE FEEDING

WHAT IS PACED BOTTLE FEEDING?

Paced bottle feeding slows down the flow of milk into the nipple and mouth, giving baby a chance to swallow and breathe. It helps prevent overfeeding and spit-up, and gives baby more control over the feeding.

PACED BOTTLE FEEDING STEPS:

1. Choose a small, 4-ounce bottle and a slow flow nipple.
2. Hold baby in your lap in a semi-upright position, halfway between sitting up and lying down. Support her head and neck.
3. When baby shows hunger cues, tickle baby's lip so she opens her mouth wide.
4. Make sure the nipple is not dripping when offered to baby.
5. Insert nipple into baby's mouth, so that she has a deep latch.
6. Hold the bottle horizontal to the floor.
7. Let baby begin sucking on the empty nipple, then tip the bottle just enough to fill the nipple about halfway.





8. Let baby suck for about 3-5 swallows. This usually takes about 20-30 seconds.
9. After 3-5 swallows, tip the bottle down. Let her take a break, but leave the nipple in her mouth.
10. After a few seconds, she will start to suck again. Tip the bottle up and allow the nipple to fill again.
11. Continue this paced feeding until baby shows fullness signs. Baby is full when she no longer sucks after a break, turns away, or pushes away from the nipple.

GOOD NEWS!

After several days of paced feeding, she will usually learn to pace herself. You will notice she will take her own sucking breaks and then return to feeding. This means you can stop tipping the bottle up and down to create the breaks. Do continue to hold her in the semi-upright position.

WATCH THESE VIDEOS TO LEARN MORE ABOUT PACED FEEDING:

- **Paced Bottle Feeding by The Milk Mob** — go to YouTube and search for Paced Bottle Feeding by The Milk Mob
- **Paced Bottle Feeding Demonstration** — go to YouTube and search for Paced Bottle Feeding by Emerald Doulas

