

# Paced Bottle Feeding

## What Is Paced Bottle Feeding?

Paced bottle feeding is a way to feed your baby a bottle that mimics breastfeeding. Feedings are slower and include breaks. Babies can feed at their own pace and have more control over how much milk they are drinking.

### Benefits of paced bottle feeding:

- o Reduces risk of overfeeding and gassiness.
- o Feeding is based on baby's hunger and fullness cues.
- o Smoother transition between breast and bottle feeding.



## How to Pace Bottle Feed:

1. Begin feeding when baby shows early hunger cues, such as smacking lips, bringing hands to mouth, and/or moving head from side to side.
2. Hold baby in an upright position, while supporting baby's head.
3. Point bottle straight toward baby's mouth. There should be little or no milk in the nipple.
4. Touch baby's top lip with the nipple to encourage a wide-open mouth. Let baby pull the nipple into mouth.
5. After three to five sucks, if baby does not pause naturally, tilt the bottle down. Give baby time to swallow and breathe. If baby does not take a break when you tip the bottle, try pulling it out for a couple seconds.
6. Continue feeding slowly in this way until baby shows signs of being full, such as open hands, relaxed body, and/or turning head away.

### Tips to Help With Paced Bottle Feeding:

- Use a slow-flow nipple.
- Try to burp often and at the end of the feeding.
- Remember to move baby to the opposite arm halfway through the feeding to help with vision development.
- If baby doesn't finish the bottle, that's OK!
- Check out this video:



### Additional information:

- If you have any questions or concerns, call your local WIC clinic.



- Call Ohio's 24-hour Breastfeeding Hotline at 888 588-3423.
- Find a lactation consultant or find help at [www.ohiobreastfeedingalliance.org/breast-feedinghelp.html](http://www.ohiobreastfeedingalliance.org/breast-feedinghelp.html)
- [www.kellymom.com](http://www.kellymom.com)

