

Paced Bottle Feeding

Which sounds more appealing to you?

- ✓ **eating your food so quickly that you end up overfull with indigestion**
- ✓ **eating at a pace that lets you to take frequent breaks to actually enjoy your meal**

Hopefully, you've chosen to enjoy your meal! Like an adult that eats too fast, a baby who drinks too quickly from a bottle may feel overwhelmed.

Signs of a bottle feeding baby being overwhelmed include:

- flared nostrils
- grimacing
- stiffening of arms and legs
- milk that spills from the corner of baby's mouth
- pulling away from the bottle nipple

When baby is in a reclined position with the bottle held upright, it may look like your baby is very hungry as he/she gulps. The baby may actually be trying to swallow quickly to avoid choking. This can be unsafe for baby. Paced bottle feeding helps to slow the feeding. Baby can then comfortably suck, swallow and breathe with ease. This allows the baby to be in control of the feeding.

Correct



Incorrect



How to Pace Feed:

- Hold your baby close to your body in an upright position
- Touch the nipple to your baby's upper lip. When baby opens wide, gently place the nipple in baby's mouth. Baby's lips should be around the base of the nipple.
- Hold the bottle level to the floor to fill the nipple halfway with milk. Holding the bottle in this way helps slow the flow.
- Let baby suck and swallow at their own pace. If baby drinks too fast, gently tip the bottle down until baby stops sucking. When baby begins to suck again, tip the bottle back up to fill the nipple once again.
- Do not worry about baby swallowing air. All babies swallow air during breathing, crying and feeding.
- Burp baby often
- When baby is done feeding, throw away leftover milk.
- Your baby will let you know when they have had enough. Follow baby's feeding cues.
- For eye stimulation, hold baby in opposite arm every other feeding
- Make eye contact with baby and talk to baby during feeding
- Enjoy feeding your baby. Take at least 15-20 minutes.
- The type of bottle or shape of nipple is not important. Every baby is different. It is best to use slow-flow nipples.
- Hold your baby often – not just when feeding. Baby loves to be near you!