



### **Paced Bottle Feeding**

**Why?** Paced bottle feeding is used to encourage your baby's natural feeding skills. It keeps them working as an actively engaged feeding partner. We want to make sure we are keeping a manageable pace and responding if they look like they are overwhelmed or stressed by the flow.

**How is it different?** You might already be using some of these elements, so this instruction is here to support you.

- **Positioning:**
  - We want the baby as upright as comfortable, and the bottle parallel to the ground. The baby is vertical, and the bottle is horizontal.
  - We want the length of baby's body, (and especially their core), to be well-supported.
- **Engagement:**
  - Allow your baby to latch onto the nipple. Try not to insert the bottle without invitation.
  - Allow your baby to suckle on an empty nipple before tipping it up. This will look like 4-8 quick suckles and then a pause. Once they resume suckling, you can tip the bottle up for milk.
  - If your baby is unwilling to suckle on an empty nipple or relatch on the bottle, they are likely done feeding. You may have milk leftover in the bottle. For a healthy term baby, your leftover breastmilk can remain at room temperature for 1-2 hours and then discarded. Do not refrigerate any leftover breastmilk. Leftover formula should NOT be saved for the next feed.
- **Milk flow:**
  - Watch that the base of the nipple has some room for air. If milk is filling the entire nipple up to the base, it is being held too high and the baby will start to just drink milk that is dripping in their mouth, instead of engaging milk and drawing it out.
- **Responding to your baby:**

Untip or slow the flow as soon as the baby shows any of the following signs

○ leaking milk	○ multiple swallows without taking a breath
○ furrowing the brow	○ squeaking in as they try to inhale,
○ eyes going very wide	○ sputtering or gagging on milk,
○ shaking their head back & forth	○ throwing arms out wide
○ attempting to pull their head away	

### **Additional Resources**

This video is called "Paced Bottle Feeding" from Breastfeeding Education by IABLE.

☀ <https://www.youtube.com/watch?v=OGPm5SpLxXY> ☀

<http://kellymom.com/bf/pumpingmoms/feeding-tools/bottle-feeding/>