



PACED BOTTLE FEEDING



WHAT IS PACED BOTTLE FEEDING?

Paced bottle feeding is a way of feeding your baby which allows them to have more control over their intake of human milk or formula.

Giving your baby more control helps avoid overfeeding, allows your baby to catch their breath, and reduces the risk of them spitting up or having an upset tummy, choking, or becoming fussy after a feeding.

HOW IS PACED BOTTLE FEEDING DONE?

STEP 1

Hold your baby in an upright or sitting position, supporting their head and neck. Never prop your baby's bottle – this can cause them to choke.



STEP 2

Hold the bottle in a flat, sideways position so the nipple is only half full of human milk or formula. You can adjust the angle of the bottle to control the flow of the milk as needed.



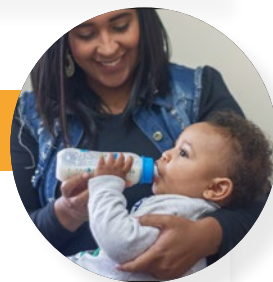
STEP 3

Don't force the nipple into your baby's mouth. Touch the nipple to your baby's cheek or top lip and wait for their mouth to open wide to latch onto the bottle's nipple. After your baby latches, do not lean them back or tilt the bottle up.



STEP 4

Allow your baby to set the pace of their feeding, which should take 15-30 minutes or as long as your baby would spend feeding at the breast or chest. Remember, your baby should remain relaxed and in control of their feeding.



STEP 5

Watch your baby for pauses in sucking and swallowing. This will vary from baby to baby, so follow your baby's lead. Long pauses can provide an opportunity to burp your baby.



STEP 6

If your baby slows or stops sucking, pushes or turns their head away from the bottle, or falls asleep, it is time to end the feeding and burp your baby.



During a feeding, watch your baby for signs of a poor paced bottle feeding:

- Gulping
- Turning away from the nipple/bottle
- Showing wide eyes
- Choking
- Spreading their fingers
- Milk dripping from the corners of their mouth

Helpful Tips

1. Trust your baby to know when they are full. Do not make your baby finish a bottle.
2. If you are worried about wasting human milk or formula, consider heating smaller amounts, such as 1-2 ounces at a time. You can always provide more human milk or formula on demand.
3. If you have questions, contact your WIC clinic, lactation consultant, or healthcare provider.

QUESTIONS?

For more information about paced bottle feeding, contact your local WIC clinic.



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