

PACED BOTTLE FEEDING

What is it?

In paced bottle feeding, the caregiver controls or paces the flow of milk to better resemble breastfeeding. It allows your baby to drink at a comfortable rate and helps prevent overfeeding.

Expressed breast milk is the first choice for a supplement. In traditional bottle feeding it may look like your baby is very hungry as she gulps but she may actually be trying to swallow quickly to avoid choking. This can be unsafe for baby.

How to Pace Feeds

- Hold your baby in an upright position, supporting her head and neck with your hand.
- Feed your baby skin-to-skin if possible.
- Use a wide-based, slow-flow nipple.
- Touch the baby's upper lip with the bottle nipple, just as you would with your nipple to encourage baby to open her mouth wide.
- Gently allow baby to pull the nipple into her mouth. Do not force the nipple into baby's mouth.
- Keep the bottle horizontal so that the nipple is partially full. This will slow the flow of milk. It is not necessary to keep the nipple full of milk as all babies swallow air while feeding.

Count your baby's sucks and swallows. If your baby does not take a breath by the third to fifth suck, remove the bottle and take a 3-5 second pause to let her breathe. Your baby may suck harder when you try to take the nipple from her mouth, even though she needs a breath.

- Often baby will swallow, then breathe, and then open her mouth. This shows she is ready to begin feeding again.

Watch for these cues that suggest your baby is satisfied:

- falling asleep
- turning head aside
- no longer sucking
- letting go of the nipple
- pursing lips