A Paced Bottle feeding method is recommended for babies who receive bottles, whether fed from both breast and bottle or fully bottle fed.

**BENEFITS OF PACED BOTTLE FEEDING**

- The flow of milk is slower, giving baby a chance to swallow and breathe.

- Babies develop a more natural way of feeding that mimics breastfeeding.

- Minimizes the risk of overfeeding your baby.

- Reduces the discomfort babies experience by feeding too quickly or swallowing excess air.

If you find you have additional questions about feeding your baby, contact your lactation consultant, your baby’s healthcare provider or Northwest Mothers Milk Bank.

northwest
MOTHERS MILK BANK
(800) 204-4444 (toll-free)
info@nwmmmb.org
STEPS TO PACED BOTTLE FEEDING

1) Use a bottle with a slow flow nipple.

2) Cradle (or hold) your baby in a semi-reclined, upright feeding position, supporting their head and neck.

3) Watch your baby for hunger cues and tickle their lips with the bottle nipple to encourage an open mouth.

4) Hold the bottle horizontal to the floor so that the milk is filling just the tip of the nipple.

5) Once your baby begins sucking, tip the bottle slightly to fill the nipple about halfway.

6) Listen for swallowing. After 20-30 seconds, tip the bottle allowing the milk to flow out of the nipple. This will help your baby to pause and take a break.

7) Tip the bottle and allow milk to partially fill the nipple. Your baby will begin sucking.

8) Watch your baby for signs of fullness (e.g. falling asleep, turning away or pushing away from the nipple).

9) It is normal for your baby to drink different amounts at each feeding. Some caregivers find keeping an Infant Feeding log is helpful to share with their healthcare provider.

With practice, your baby will become in tune with their natural feeding rhythm.

Scan here to see paced bottle feeding in action.