

Why would you use Baby-Paced Bottle Feeding?

It is normal for human babies to breastfeed. Any time a baby is not placed at the breast to nurse, the feeding method should copy breastfeeding as much as possible.

Many people use bottles to feed breast milk or formula, but most have never been taught how to bottle feed in a way that lets the baby be in control of the feeding. Letting your baby control his bottle feeding helps him manage his suck, swallow, and breathing.

When a baby is not bottle fed in this way, the liquid in the bottle pours into the baby's mouth, and his only choice is to gulp it down so he can continue to breathe. This cycle continues until he pushes the nipple out of his mouth or drinks all the liquid in the bottle. Baby-paced bottle feeding will reduce the chance of overfeeding. You are also likely to find that your baby spits up less often, and is not as fussy.

Watch for these signs that your baby needs something to change:

- ♥ Baby swallows quickly, and does not take a break after each swallow.
- ♥ Milk spills out of baby's mouth, often at the corners.
- ♥ Baby is stiffening his arms or legs.
- ♥ Baby is coughing or flailing his arms.

These signs may mean that the baby needs a break. You can take the bottle out of his mouth and let him settle down, then gently offer the nipple again using the steps listed before. Or, you can try to slow down the flow of milk by tipping the base of the bottle down slightly.


How to Pace the Bottle Feeding

1. Use a bottle nipple with a wide base, and one that the milk does not come out very fast.
2. Hold your baby upright. For a very young baby, be sure to support her head and neck with your hand, not your arm.
3. Gently touch the nipple to your baby's lip. Wait for her to open her mouth. She may not do so right away, and you may need to touch her lip a few more times. Once baby opens her mouth wide, place all of the nipple in her mouth. Position the bottle so it is horizontal. If held this way, you will see the nipple only partly filled with liquid. Tip the bottle just a bit, so that the tip of the nipple is filled with liquid. It is okay if there is an air bubble at the base of the nipple.
4. Change sides at the next feeding to stimulate both of baby's eyes and both sides of her body. By doing this, she will be less likely to prefer one side for feeding.

Watch for these signs that your baby is full:

- ♥ Baby falls asleep.
- ♥ Baby is turning her head from side to side.
- ♥ Baby stops sucking.
- ♥ Baby lets go of the nipple, pushes it out of her mouth, or pushes the bottle away.
- ♥ Baby is pursing her lips, making it hard to get the nipple into her mouth.

These signs are baby's way of telling you that she has had enough at this feeding. Respect these cues and end the feeding.

 **Tip:** A feeding should take about 15-30 minutes. If it is much quicker, you may need to tip the base of the bottle down to slow the feeding down, or choose a nipple with a slower flow. If it is much slower, raise the base of the bottle up a little to pick up the pace, or try a nipple that allows milk to flow faster, so baby does not get upset.

Things to Remember:

1. Always hold the bottle when feeding baby. Never prop a bottle. It could harm him.
2. When feeding baby, be sure he is not swaddled in a blanket. He uses his hands to take part in the feeding. You also need to see his hands to be sure he is calm.
3. Always hold your baby so that he is facing you. This lets you make eye contact with your baby, talk to him, and interact. It also allows you to see how your baby is doing so you can respond to any cues he gives you.
4. Let your baby tell you when he is done. This may mean he does not finish all the liquid in the bottle. That is okay. If you push or force the bottle back into his mouth when he is not making it easy to do so, baby is likely to be overfed and unhappy.

Baby-Paced Bottle Feeding

Tips for Successful Feeding



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Breastfeeding Notes:

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