



# Bottle Feeding 101

Paced bottle feeding is a way to bottle feed that acts like breastfeeding. Babies can feed at their own pace, take breaks if needed, and have more control over how much breast milk or formula they are drinking.

## Benefits of Paced Bottle Feeding:



Reduces risk of feeding baby too much and baby getting gassy.



Feeding is based on baby's signs of hunger and fullness.



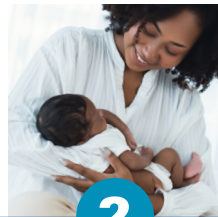
Smoother changes between breast and bottle feeding.

## How to Practice Paced Bottle Feeding:



1

Begin feeding when baby shows early hunger signs, such as smacking lips, bringing hands to mouth, and/or moving head from side to side.



2

Hold baby in a position with their back straight and head pointed toward the ceiling while supporting baby's head.



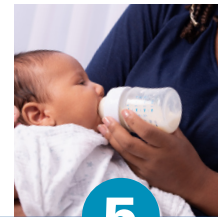
3

Point bottle straight toward baby's mouth. There should be little or no milk in the nipple.



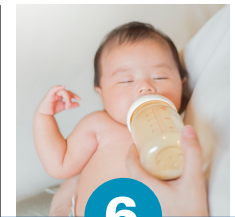
4

Touch baby's top lip with the nipple to encourage them to open mouth. Let baby pull the nipple into mouth.



5

After 3-5 sucks, if baby does not pause naturally, tilt the bottle down so there is no milk in the nipple. Give baby time to swallow and breathe. If baby does not take a break when you tip the bottle, try removing the bottle for a couple seconds.



6

Continue feeding slowly in this way until baby shows signs of being full, such as open hands, relaxed body, and/or turning head away.

## Tips to Help:

- Use a **slow-flow nipple**.
- Try to **burp often** and at the end of the feeding.
- Remember to **move baby to the opposite arm** halfway through the feeding to help with vision development.
- If baby doesn't finish the bottle, that's OK!



## Check Out This Video:



## Additional Information:

- If you have any questions or concerns, call your child's pediatrician.
- Call Ohio's 24-hour Breastfeeding Hotline at 888 588-3423 or text "BFHOTLINE" to 839863.

## Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play



## App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

