

BREASTFEEDING ANSWERS

Paced Bottle Feeding

Paced bottle feeding is a way to feed your baby with a bottle that allows you and your baby to set the pace of the feeding and prevent aspirating (breathing in) milk.

It is important to make an informed decision about introducing a bottle. Some babies may have a hard time going back to breastfeeding because they may start to prefer a bottle nipple.

Follow these steps:

1. Watch for your baby's early feeding cues.
2. Hold your baby in an upright position, supporting their head and neck so that their chin is off their chest – this is the natural drinking position.
3. Touch the baby's lips with the bottle nipple. Wait for the baby to open their mouth and bring the bottle nipple into their mouth. Do not force the nipple into your baby's mouth.
4. Tip the bottle just enough so that there is milk in the nipple. At the beginning of the feeding, the bottle will be horizontal. It will gradually become more angled throughout the feeding. Hold the bottle for your baby-do not prop the bottle.
5. Watch your baby suck, swallow and breathe. Pause the feeding when your baby stops swallowing or sucking. To pause, try lowering the bottle or take the bottle out of your baby's mouth. Remember to let your baby decide how much milk to take and when to stop the feeding.
6. Pause the feeding if:
 - Milk is leaking out of baby's mouth;
 - Your baby is choking or gagging;
 - Gulping/swallowing quickly without taking a breath;
 - Breathing fast;
 - Making smacking or squeaking noises;
 - Squirming or struggling during the feed;
 - Pushes the bottle away with hands or tongue; moves head away; or
 - Looks stressed (forehead may look stressed)

7. Bottle feeding may take between 15-30 minutes for a newborn. Do not encourage your baby to finish the bottle. Watch your baby's cues and let your baby decide how much or little to eat.

You can find videos on YouTube that demonstrate paced bottle feeding (click on the link or search for "[Region of Peel Paced Bottle Feeding](#)")

It is important for you and your baby to have regular appointments with a breastfeeding clinic or healthcare provider while using a bottle to supplement your baby. These appointments help you to make decisions on how long supplements will be needed and how much to give.

For more information:

Family Health Information Line at 705-474-1400 ext. 5351 or email at healthy.families@healthunit.ca. Our nurses are available from 8:30 a.m. to 4:30 p.m., Monday to Friday.

References:

Breastfeeding Answers: A Guide for Helping Families, Second Edition by Nancy Mohrbacher

Health Nexus-Best Start (2020): Infant Formula: What You Need to Know