

# Paced Bottle Feeding

Bottle-feeding in a way that most resembles breastfeeding!

- Baby feeds at a comfortable rate
- Prevents overfeeding

How to:

<http://loveandbreastmilk.com/wp/paced-bottle-feeding/>



1. Touch your baby's upper lip with the bottle nipple, just as you would your nipple.

2. Wait for your baby to open wide and let her gently pull the nipple into her mouth.

3. Keep the bottle horizontal so the nipple is only partially full.

**Make sure:**

- Baby is in upright position – support head and neck with your hand
- Feed skin-to-skin, if possible
- Use wide-based, slow-flow nipple
- Make sure to stop and burp after every 1/2 ounce

**STOP and REMOVE BOTTLE if:**

- ✘ Swallowing quickly without taking a breath after each swallow
- ✘ Milk is spilling out of her mouth
- ✘ Eyes are opened wider than usual
- ✘ Arms and legs become stiff
- ✘ Nostrils are flaring
- ✘ Lips turn blue