

The Two P's of Bottle Feeding

How can daycare workers help babies avoid overfeeding?

It is important to let breastfed babies eat at their own pace. Let them tell you when they are done.

Avoid overfeeding by making sure baby has the proper nipple flow and by using the two P's of bottle feeding:

Positioning

Hold baby more upright with the bottle at a more horizontal position. This will keep baby from relying too much on gravity's help. This makes baby work harder to eat, keeping them from overfeeding due to laziness.

Pacing

The pacing method mimics the natural ebb and flow of milk from the breast. To pace, you pause bottle feeding every few minutes by lowering the bottle so milk stops flowing into the nipple. Baby will pause sucking, and when they are ready to suck again, raise the bottle back up so milk fills the nipple again. Repeat this until the bottle is empty. Keep in mind, this method only helps with young babies.

