

PACED BOTTLE FEEDING: THE BASICS

Paced bottle feeding mimics the speed of nursing. Feeding your baby a bottle this way allows them to realize they are full from the right amount of milk, to ensure that they are not overfed.

Keep the bottle parallel with the floor, and use the slowest flow nipple.

Allow baby to latch to the nipple; don't force the bottle into their mouth.

Aim to feed baby no more than 3-4 ounces at a time, ideally taking about 10-20 minutes to finish.

Keep baby upright or slightly reclined while feeding, not lying down.

Take short breaks about every half ounce to burp baby. switch sides to lay baby on their other side about half way through feeding.

Babies are very intuitive eaters. In general, and will typically not overfeed unless doing so for comfort, or take less than they need unless they are in pain. remember that growth spurts, teething and developmental leaps can change baby's eating patterns.

