

# PACED BOTTLE FEEDING



BREASTFEEDING  
USA

## WHY PACE FEED?

- reduced reflux and overeating
- easier transition from bottle to breast
- focuses on hunger cues
- establishes good eating habits

### STEP 1

## Get Situated

Baby should be sitting upright with their head and neck supported.



### STEP 2

## Bottle Time

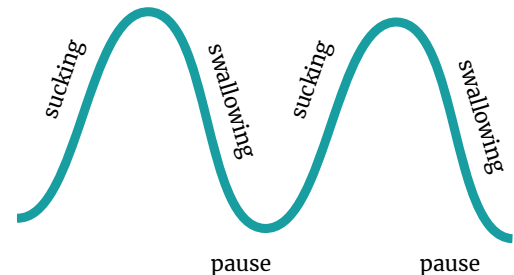
The Bottle should be held horizontally, with nipple only about halfway full. Let baby have a few good sucks, and then slightly pull back nipple. Wait until baby sucks nipple back into mouth to continue.



### STEP 3

## Take a Break

Pace feeding should take much longer than typical bottle feeding, around 20-30 minutes. You may want to take small breaks in between suckling to burp baby or to switch sides.



WIDE BASE

SMALL AMOUNT  
(4OZ OR LESS)

SLOWEST FLOW  
NIPPLE

Experience has shown that most breastfed babies do best with a nipple which has a wider base and/or is slow-flow. However, there is much variation between manufacturers. Experiment to find one that encourages a wider latch and a slower flow of milk.

So what  
kind of  
bottle  
should I  
use?