



Western Upper Peninsula Health Department **BREASTFEEDING**

The quarterly newsletter for breastfeeding information



PACED BOTTLE FEEDING

If at any point during your breastfeeding journey you decide you want or need to pump and bottle feed your baby, we highly recommend Paced Bottle Feeding. In this issue we will go over what that is and why it's important.

What is Paced Bottle Feeding?

A form of bottle feeding that allows baby to be more in control of the feeding pace.

This method mimics breastfeeding by slowing down the flow of milk, helping baby to eat more slowly, and makes it possible for baby to take breaks on their own.

This feeding method is recommended for any baby that receives bottles.

Paced Bottle Feeding helps eliminate issues such as:

- Over or under feeding
- Upset stomach/colic & spit up
- Eating too quickly



Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person

What you need:

- A baby
- Breastmilk
- 4oz. bottle with a slow flow nipple

How to Pace Bottle Feed:

- Sit baby upright and support baby's head and neck by placing your hand behind their ears
- Hold the bottle flat, horizontal to the floor
- Offer nipple to their mouth when they begin showing hunger cues
- Make sure baby has a deep latch
- Fill the nipple half way with milk, eliminating a constant and forceful flow



Baby should be able to stop eating and take breaks at anytime throughout this feeding. Typically each feeding takes roughly 15-20 minutes.



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