

# paced feeding

Because of the fast flow of bottles, many babies gulp milk when feeding. A "paced feeding" method helps a baby eat more slowly. While this method can be used for any baby, it is especially good for babies who are breastfed or have breathing related feeding difficulties.



To get started, hold the baby in a semi-upright position. Pacing works with any kind of feeding bottle. Choose a bottle with a slow flow nipple. Tickle the baby's upper lip with the bottle nipple so that baby will open their mouth.

Let the baby pull the nipple into his/her mouth (don't force it). Hold the bottle in a horizontal position so that milk only fills about half of the nipple.



Allow the baby to suck and swallow 3-5 times. (As your baby becomes a better eater, allow him to take more sucks and swallows before giving him a break. This helps babies learn to self-pace. Once he has mastered bottle feeding, it is no longer necessary to follow this method.)

Without taking the bottle out of the baby's mouth, tilt the bottle down so the milk flows back out of the nipple and the baby can pause for a moment to breathe.



When baby starts to suck again, tilt the bottle back to a horizontal position.

Repeat steps 3-5. Watch for signs that the baby is full:

- turns head to side
- doesn't open mouth
- pushes bottle away
- closes eyes



When baby starts to show signs of fullness or does not suck again during one of the breaks, remove the bottle from baby's mouth and end the feeding.

For questions, contact your WIC Health Professional.