



**BOTTLE IS LEVEL**

**BABY IS SITTING UP**

- USE GOOD POSITIONING
- SLOW FLOW NIPPLE
- LATCHED WELL TO BOTTLE
- TAKE BREAKS TO ALLOW BABY TO DETERMINE WHEN FULL

# Paced Bottle Feeding

Paced bottle feeding allows a baby to control their intake with a bottle like they do at the breast. For a baby who is still nursing, this helps to prevent flow preference and allow easier transitions between the breast and the bottle. When a baby is no longer nursing, paced feeding helps to prevent over feeding and helps mimic the intake control a baby has at the breast, which helps prevent obesity later in life.



## Non-Paced Feeding Concerns

This baby is laying on their back, and will involuntarily swallow the milk in their bottle to prevent compromising their airway. This is not necessarily an indicator they were hungry, its a survival mechanism.

- Possible ear infections
- Over eating
- Breast refusal
- Increased reflux and gas

## VIDEO EXAMPLE



Click link or Scan QR Code to Watch