

Paced Bottle Feeding



There are significant differences between breastfeeding and bottle feeding. For this reason, we recommend that you only breastfeed for the first several weeks while your baby is learning to breastfeed.

BOTTLE FEEDING	BREASTFEEDING
<ul style="list-style-type: none">• Firm nipple• Front of the mouth position• Inelastic nipple (doesn't change shape)• Flow begins instantly• Flow is very fast• Feeding is very quick• Sucking on bottle is suction/vacuum• Tongue is humped in the back of the mouth	<ul style="list-style-type: none">• Soft, amorphous shaped nipple• Back of the mouth position (near junction of hard and soft palate)• Nipple elongates during sucking• Flow is delayed until the let-down occurs• Flow is varied• Feedings can take 30-45 minutes• Suckling at breast is peristaltic tongue movement• Tongue is forward cupped around the nipple

Because of these differences, we recommend only direct breastfeeding, if possible, for the first several weeks while your baby is learning to breastfeed. If supplementation is needed by bottle, we recommend Paced Bottle Feeding.

Paced Bottle Feeding:

- Hold the baby almost upright.
- Select a medium or wide-based nipple with a slow flow.
- Hold the bottle horizontally just filling the nipple with fluid. This form of feeding does not cause excessive gas.
- Encourage your baby to take it into his/her mouth until he/she has a wide latch, and it is deep in his/her mouth. Let the baby seek the nipple.
- The feeding should take 15-30 minutes. If the baby drinks too fast, tip the bottle down or remove it to slow the pace of the feeding.
- Mothers can hold the baby cheek to breast for the feeding.

