

Paced Bottle Feeding

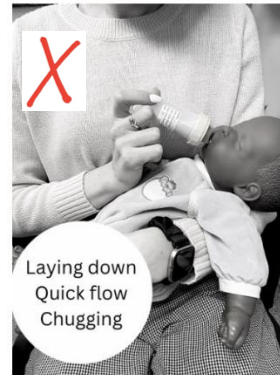
What is Paced Bottle Feeding?

Paced bottle feeding helps your baby use their natural feeding ability when drinking from a bottle. It teaches them how to control (pace) the flow of milk and makes it easier for them to switch between bottle and breast/chest feeding. Paced bottle feeding is helpful for formula-fed babies as well. This method:

- Supports the consistent sucking pattern needed for breast/chest feeding.
- Prevents gagging and overfeeding by allowing the baby time to recognize they are full.
- Prevents the baby from developing a preference for the bottle's flow.

How to do Paced Bottle Feeding?

1. Hold your baby in an upright position (between 45 and 90 degrees angle) or in a side lying position. Hold the bottle horizontal or parallel to the floor (see figure 2 for correct positioning)
2. Let your baby spread their lips over the base of the bottle nipple. Allow the baby to suck on the empty nipple for about 30 seconds. This gives the baby time to coordinate their sucking, swallowing, and breathing and supports their natural feeding behaviors.
3. If you notice your baby puckering their lips, furrowing their brow, swallowing without pausing or milk leaking from their mouth, they might need a break. Stop the feed by tilting the nipple out of their mouth and letting them pull it back in when they are ready.
4. In general, it should take no less than 10 minutes for baby to finish the bottle to allow for their body to recognize that they are full.



Demonstration Video



<https://www.peelregion.ca/parenting/feeding-baby/paced.asp>

How much to feed your baby

This table tells you how much milk or formula most full-term (born after 38 weeks) babies should drink. Please speak to your baby's healthcare provider to make sure that these amounts are right for your baby and follow their hunger cues.

Your Baby's Age	Amount per Feed	Total 24-Hour Amount
Day 1 (0-24 hours)	5mL	5-30mL
Day 2 (24-48 hours)	5-15mL	30-120mL
Day 3 (48-72 hours)	15-30mL	120-240mL
Day 4 (72-96 hours)	40-45mL	320-360mL
Day 5-7	60-120mL	480-640mL