

## Information for breastfeeding families

# Paced Bottle Feeding



Breastfeeding and bottle feeding are unlike in almost every way. For this reason we recommend that you only breastfeed for the first several weeks while your baby is learning to breastfeed.

Bottle Feeding	Breastfeeding
Firm nipple	Soft, amorphous shaped nipple
Front of the mouth position	Back of the mouth position (near juncture of hard and soft palate)
Inelastic nipple	Nipple elongates during sucking
Flow begins instantly	Flow is delayed until the let-down occurs
Flow is very fast	Flow is slow, faster during let-down
Feeding is very quick	Feeding takes 30-45 minutes
Sucking on bottle is suction/vacuum	Suckling at breast is peristaltic tongue movement
Tongue is humped in back of mouth	Tongue is forward cupped around the nipple

### Paced Bottle Feeding

- ✓ Hold the baby almost **upright**.
- ✓ Select a medium or wide base nipple with a slow flow.
- ✓ Hold the bottle **horizontal** just filling the nipple with fluid.
- ✓ Encourage your baby to take it into his mouth until he has a wide latch (140°) and it is deep in his mouth. Let the baby seek for 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.



Lactation Education Resources / Worksite Perinatal Consultants. This handout may be freely duplicated. Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.