

HOW DO I GIVE MY BABY A BOTTLE?

# Paced Bottle Feeding!



**Introducing a bottle to your breastfed baby doesn't have to be stressful! Following paced-bottle feeding practices will allow you to switch between breast and bottle with ease.**

- To help avoid bottle aversion, aim to introduce the bottle by the 3rd week of life.
- Select a bottle nipple that has a gentle slope and a medium to wide base. Always choose the slowest flow available.
- Hold the baby almost upright.
- Hold the bottle horizontal just filling the tip of the nipple with fluid
- Let the baby root for the nipple. Once the baby has a wide open mouth, allow him or her to latch deeply onto the nipple just like when at the breast. To mimic their experience at the breast, have them suck on the empty bottle nipple for a few second before allowing the milk to flow.
- The feeding should take around 20 minutes. If your baby is drinking too quickly, lower the bottle so the baby has to take a break
- Holding the baby cheek to chest allows for bonding and mimics positioning at the breast.

*Still have questions? Give us a call!*



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