



# Paced Bottle Feeding

Breastfeeding and bottle feeding are different in almost every way. For this reason we recommend that, if possible, you feed exclusively from the breast for the first several weeks while you and your baby learn and adjust to each other.

| <b>Bottle Feeding</b>               | <b>Breastfeeding</b>   |
|-------------------------------------|--|
| 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 the mouth until there is a wide latch (140°) and it is deep in baby's 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.
- Parents can hold the baby cheek to breast for the feeding.



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