



Mercy Health
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Your important health information

Paced bottle feeding

Paced bottle feeding can be used for any baby that needs a bottle feed. It allows the infant to be in control of the feed. Paced bottle feeding helps you to notice your baby's feeding cues and to respond to them.

Benefits of paced bottle feeding

- Baby will have a more comfortable feed
- Allows baby to take milk more slowly instead of guzzling
- Allows the baby to take breaks if needed
- The risk of overfeeding is reduced
- Is more like the flow of milk from the breast
- Better supports a breastfed baby if they need to be given a bottle feed

Steps for paced bottle feeding

Step 1

- Sit baby up, supporting their head and neck
- Touch baby's lips with the teat
- Wait for a wide-open mouth before placing the teat in the baby's mouth. Avoid pushing or forcing the teat into the baby's mouth

Step 2

- Baby should have nearly all the teat in the mouth
- Hold the bottle horizontal (level to the floor) with the teat partly full of milk. There should be a small bubble of air in the teat.



Step 3

- When baby pauses (rests), tilt the bottle down so that milk no longer fills the teat, you don't need to take the teat out of baby's mouth
- When baby begins to suck again, gently tip bottle up so milk partly fills the teat again



Tips



Step 1

Step 2

Step 3

- Baby may want to rest a few times during the feed, there is usually no need to rush the feed, let the baby set the pace
- Continue the feed until baby no longer sucks or until baby pushes away from the teat. The baby may not drink all of the milk in the bottle
- The bottle feed may take 15-20 minutes

Precautions

- The bottle should never be propped when feeding the baby
- To avoid choking, the baby should not drink from the bottle while lying on their back
- Any milk left in a bottle should be tipped out and not saved for a later feed
- If your baby is spilling milk from their lips with paced feeding, the flow rate of the teat is too fast, try a slower flow teat.

Bottle and teat choice

- A long thin teat is preferred as it will sit deeper in your baby's mouth.
- Choose a slow flow teat



Useful resource

- For more information on paced bottle feeding, you can watch the below video:



Paced bottle feeding by IABLE (YouTube)
<https://www.youtube.com/watch?v=OGPm5SpLxXY>

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Breastfeeding Support Service, Phone: 03 84584677

Werribee Mercy Hospital

Breastfeeding Support Service, Phone: 03 8754 3407

Australian Breastfeeding Association Helpline (24/7)

Phone: 1800 686 268

Maternal & Child Health Line (24/7)

Phone: 13 22 29

Acknowledgements

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This document provides general information only and is not intended to replace advice about your health from a qualified practitioner. If you are concerned about your health, you should seek advice from a qualified practitioner