

Paced Bottle Feeding Expressed Breastmilk
An information sheet for parents and care-providers



When it comes to bottle feeding expressed breastmilk, it can be hard to cut through the clutter of information. One method, however, is becoming the clear favourite for breastfed babies: **Paced feeding**.

Paced feeding is a technique that allows baby to control the feeding session and eat at their own pace. Here are some tips to help your caregivers when they are providing your expressed breastmilk to your baby:

- **Offer the bottle based on hunger cues** – Care providers should watch for baby’s hunger cues such as rooting, sticking out their tongue, and bringing hands to their mouth. Crying is a late feeding cue.
- **Keep baby in an upright position** – When feeding, baby should be in an upright and seated position. This better allows them to control the flow of milk coming from the bottle.
- **Allow baby to draw the teat into her mouth** – Rub the teat against baby’s lips inviting her to take the teat into her mouth to latch on. Try not to place the teat directly into the mouth or force it into baby’s mouth.

- **Let baby control the feeding pace** – Pay attention to baby’s cues during the feed (such as pulling away, pushing the bottle away, or spitting it out). Allow them to take breaks when needed.
- **Recognize cues that baby is finished** – When baby has finished feeding, they may force the teat out of their mouth with their tongue or turn their head away from the bottle. If baby is giving cues that they have finished feeding, don’t try to continue with the feed even if they haven’t finished all the breastmilk in the bottle.

Paced feeding has many benefits, including:

- **It allows baby to engage** in similar feeding patterns and actions to those that they would use at the breast. This means that when you and baby are back together, it’s easier to get back into the rhythm of feeding at the breast.
- **It reduces overfeeding and associated problems**, such as wind, reflux-type symptoms, childhood obesity, and Type 2 Diabetes.
- It aids in social and emotional development. Baby is able to bond and interact with their caregiver.
- It stimulates hand eye coordination.

For more information on Paced Feeding see: unicef.org.uk/babyfriendlyreview/evidence



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Notes Section

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