

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.

- **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.**
- **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 cheek allows for bonding and mimics positioning at the breast**

*Still have questions? Give us a call!*

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