

Let Baby Set the Pace

Responsive Paced Bottle Feeding lets baby set the speed (or pace) of a feeding, while caregivers respond to baby's cues. Slowing the flow of human milk or formula from the bottle into baby's mouth helps them take breaks and learn when they are full. This means less chance of overfeeding, gas or discomfort, and spitting up. Babies of all ages can learn to set their own pace.

1. Is Baby Hungry?

Feed baby when you see these hunger cues:

- Puts hands near mouth.
- Bends arms and legs toward body.
- Makes sucking noises.
- Puckers lips.
- Searches for nipple (roots).



2. Feed Baby.

Always hold baby and the bottle when feeding.



- **Hold baby** almost upright.
- **Brush the bottle nipple** across baby's upper lip. Wait for baby's mouth to open.
- **Hold bottle** almost flat, letting half of the bottle's nipple fill with milk.
- **Put nipple into baby's mouth**, making sure the baby has a deep latch.
- **Feed baby slowly.** Let them pause and take breaks every few sucks.
- **Repeat as needed:**
 - **Tip the bottle down** giving baby a little break.
 - **Tip the bottle up** when baby begins to suck again.

3. Is Baby Full?

Stop when baby is full. Watch for fullness cues:

- Sucking slows or stops.
- Pushes away.
- Relaxes hands and arms.
- Falls asleep.
- Turns away from nipple.



Check out this video!