

# BREASTFEEDING ANSWERS

## Responsive Bottle Feeding

Responsive bottle feeding is a way to feed your baby with a bottle that allows you and your baby to:

- set the pace of the feeding
- give and recognize feeding cues
- be close during feeds

It is important to make an informed decision about introducing a bottle because some babies have a hard time going back to the breast after having a bottle.

### Follow these steps:

1. Watch for your baby's early feeding cues.
2. Hold your baby in an upright position, supporting the head and neck so that the chin is off the chest – this is the natural drinking position, like breastfeeding.
3. Use a slow flow nipple.
4. Wait for the baby to open his/her mouth and gently put the nipple in. Do not force the nipple into your baby's mouth.
5. Tip the bottle just enough so that there is milk in the nipple. At the beginning of the feeding the bottle will be horizontal. It will gradually become more angled throughout the feeding.
6. Watch your baby suck, swallow and breathe. Pause the feeding when your baby stops swallowing or sucking to mimic the pattern and pace of breastfeeding. To pause, try lowering the bottle or take the bottle out of your baby's mouth.
7. Let your baby decide how much milk to take and when to stop the feeding.
8. Pause the feeding if your baby:
  - Swallows quickly without taking a breath after each swallow
  - Milk spills out of his/her mouth
  - Opens eyes widely
  - Stiffens legs or arms
  - Grimaces, or flares nostrils
  - Has lips that are turning blue
9. Do not encourage your baby to finish the bottle. The feeding will likely take as long as an effective breastfeeding.



Responsive bottle feeding is also sometimes called “paced bottle feeding” – you can find videos on YouTube.

It is important for you and your baby to have regular appointments with a breastfeeding clinic or breastfeeding specialist while using a bottle to supplement your baby. These appointments help you to make decisions on how long supplements will be needed and how much to give.

For more information call us at 1-800-563-2808.

