

# Paced Bottle Feeding Guide

## STERILISING

Start by ensuring your bottles and teats are washed and sterilised so they are safe for your baby. You can use boiling water, a cold water tablet method, or a microwave steriliser. Newborn or slow flow teats are suitable at any age upto 12 mo. *Older babies may prefer a cup.*

## PORTION SIZES

Breastfed babies generally require 1-2oz (30-60ml) per hour, and will only need 4oz (120ml) per feed. Some babies may take a little more or a little less. Larger volumes can lead to overfeeding and discomfort. E.g if parent is 8hrs away from baby, 8oz should be sufficient.

## PREPARING THE MILK

Frozen breastmilk must be used within 24hrs after defrosting. Warm the milk by sitting the bottle in a cup of warm water. Check the temperature on your wrist. Powdered infant formula must be made with 70° water to sterilise it safely. Follow the manufacturers instructions.

## HOLDING YOUR BABY

Hold your baby so they are in an upright position. Hold them close, and maintain eye contact throughout the feed. Move baby to the other arm/side halfway through the feed to mimic swapping breasts and give baby a break. Talk to them and engage with them!

## FEEDING YOUR BABY

Keep the bottle horizontal, with the teat half full of milk, to reduce air intake, but keep the flow steady. Allow baby to open their mouth and latch to the bottle. Take short breaks to allow baby a rest and to decide whether they need more milk or not. Some babies may need winding. The feed should take around 10 minutes for older babies.

## FINISHING THE FEED

If baby falls asleep, stop the feed. If baby spits out the teat or turns away, stop the feed. Take some time to burp baby if they need it. Once the bottle has been drunk from, the milk (whether EBM or IF) must be discarded within 1hr.



This method allows baby to eat only what they want/need, reduces stress, and switch easier between breast and bottle feeding.

