

The Paced Bottle-Feeding Visual Guide

A Caregiver's Guide to Baby-Led, Breastfeeding-Friendly Feeding

Hang This on the Fridge: Use this visual map to align all caregivers. Paced feeding prevents overfeeding, minimizes gas, and prevents "nipple preference" to seamlessly protect your breastfeeding relationship.

THE 4 CORE POSITIONING STEPS

Step 1

Keep Baby Upright

Seat baby semi-upright in your arms rather than reclined. This gives them full control over their swallow mechanism and gravity.

Step 2

Horizontal Bottle Angle

Hold the bottle horizontally parallel to the floor. Tip it just enough so the nipple tip fills with milk, preventing a gravity-driven rush.

Step 3

Invite the Latch

Tickle baby's upper lip with the nipple. Wait for a wide, rooting open mouth before allowing them to draw the bottle nipple deep inside.

Step 4

Introduce Regular Pauses

Every 20–30 seconds, tip the bottle down slightly to empty the nipple, mimicking natural breastfeeding letdown pauses. Let baby breathe.



Golden Rules for Caregivers

- **Follow the Clock:** A typical paced bottle feed should mirror a normal session at the breast, lasting roughly 15 to 20 minutes.
- **Watch the Cues:** Never force the completion of a bottle. Splaying fingers, turning away, or pushing the bottle are active signals that baby is finished.
- **Nipple Choice:** Always stick to a true ultra-slow or slow-flow nipple size regardless of baby's age to preserve the natural nursing workflow.