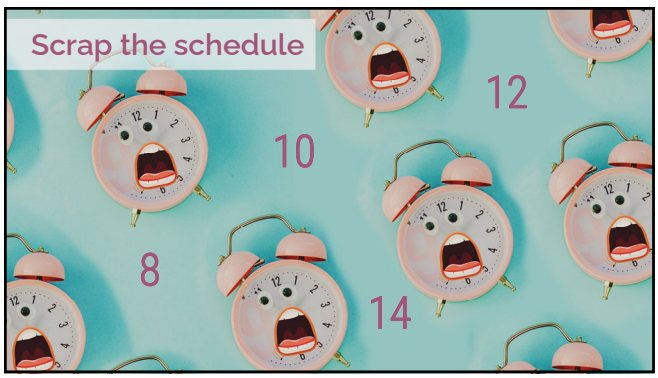

Paced Responsive
Bottle Feeding




Early cues
"I'm hungry"
Stirring
Mouth opening
Turning head
Seeking/rooting
Mid cues
"I'm really hungry"
Stretching
Increasing physical movement
Hand to mouth
Late cues
"Calm me, then feed me"
Crying
Agitated body movements
Colour turning red




Scrap the schedule
12
10
8
14



Divide the total amount of milk the baby needs in 24 hours by a minimum of 8 feeds

Feeds may be 1, 2, 3 or more hours apart

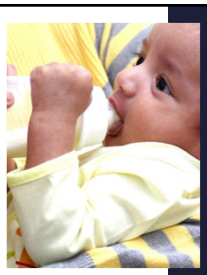


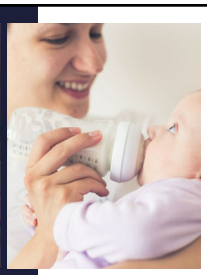




Bottles will drip when held upside down (even the ones that are marketed as non-drip)

- The bottle is horizontal
- Just enough milk to cover the air hole
- The baby is held in an upright position





- Turned in towards the care giver
- The care giver can retain eye contact
- Tickle baby's top lip with the teat, allowing them to open wide

Correct bottle feeding posture



Is the teat flowing too fast?

- Stiffening and arching their back
- Trying to turn their head
- Coughing
- Excessive swallowing without breaks
- Drooling
- Milk dripping from the mouth
- Refusing the bottle or breast

