

Paced Feeding for INFANTS



1. To get started, hold the baby in an upright position. Use a bottle nipple with a wide base and a very slow flow. Tickle the baby's upper lip so that he/she will open their mouth.



2. Let the baby pull the nipple into his/her mouth (**don't force it**).



3. Count 3 - 5 sucks.

4. Remove the bottle and rest the nipple just outside of the baby's mouth on the cheek or chin.



5. Let the baby rest and breathe.

6. Repeat steps 3 - 5 when the baby opens his/her mouth (after a rest and a breath).



7. Watch for signs that the baby is full:

- turns head to side
- doesn't open mouth eagerly
- pushes bottle away
- eyes close



Another way to try it...

Do everything as above, except don't remove the bottle. Just tip the bottle up and down to change the fluid level and allow the baby to "rest" after swallowing and taking a breath.



I N D I A N A W I C