

Let your baby set the pace for bottle feeding



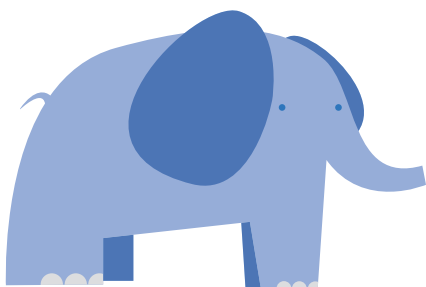
Feeding is a great time to nurture your baby. When you feed your baby at a comfortable pace, baby can let you know, “I need a break” or “I’m full.” Letting your baby set the pace means less chance of overfeeding, gas, stomach discomfort, and spitting up.

1

Is baby hungry?

Feed baby when you see hunger cues . . .

- Keeps hands near mouth
- Bends arms and legs toward body
- Makes sucking noises
- Puckers lips
- Searches for nipple (roots)



2

Feed baby.

Here are 5 easy tips to feeding baby . . .

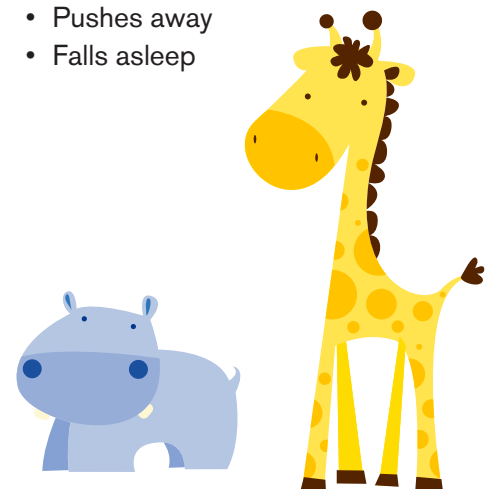
- Always hold your baby and the bottle when feeding.
- Hold your baby almost upright.
- Brush the bottle nipple across baby’s upper lip. Wait for baby’s mouth to open.
- Hold the bottle in an almost flat position. The nipple will be only partly full. This keeps the milk from pouring into baby’s mouth.
- Let your baby pause and take breaks every few sucks. Your baby will feed for about 15–20 minutes.

3

Is baby full?

Don’t try to get your baby to finish the bottle. Watch for fullness cues . . .

- Sucks slower or stops sucking
- Relaxes hands and arms
- Turns away from nipple
- Pushes away
- Falls asleep



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