

# Let your baby set the pace for bottle feeding

When you feed your baby at a comfortable pace, your baby can let you know, "I need a break" or "I am full." Letting your baby set the pace means less chance of overfeeding, gas, stomach discomfort, and spitting up.



Use the steps on the back to follow your baby's cues.



**1 Is your baby hungry?**  
Feed your baby when you see these hunger cues:

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

**2 Offer a bottle.**  
Here are 5 easy tips to feeding your baby.

**Tip 1:** Always hold your baby and the bottle when feeding.

**Tip 2:** Hold your baby almost upright.



**Tip 3:** Brush the bottle nipple across your baby's upper lip. Wait for baby's mouth to open.



**Tip 4:** Hold the bottle in an almost flat position. This position keeps the formula or pumped milk from pouring into your baby's mouth. The nipple will fill and your baby will suck on the bottle.



**Tip 5:** Let your baby pause and take breaks every few sucks. Your baby may feed for about 15–20 minutes.


**3 Stop when your baby is full.**  
Watch for these fullness cues:

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



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