



Why do caregivers choose to **bottle feed?** 12

Caregivers may bottle feed for a variety of reasons. While each individual family and infant's feeding journey is unique, a few of the reasons one might choose to bottle feeding include:

- Use of formula, donor milk, or pumping and feeding expressed milk
- Shared caregiver feeding responsibility
- Being away from baby
- Social influences
- Infant feeding challenges at the breast

What is responsive feeding?***

Responsive feeding is responding to baby's cues in a way that supports self-regulation, socioemotional and cognitive growth, and autonomy. It involves identifying and responding to baby's signs of hunger, fullness, engagement, and disengagement.



Infant signals

hunger or

fullness









Caregiver recognizes signs of hunger or fullness and responds

Infant observes their caregiver responds to their needs

HUNGER SIGNS

- Crying and fussing
- Rooting
- · Sucking on hand or fist
- Opens mouth to indicate desire for more
- Moves head toward bottle or breast

FULL SIGNS

- Closing mouth and sealing lips together
- Turning head away from bottle or breast
- Decreased or discontinued sucking
- Pushing bottle or breast with tongue
- Falling asleep when full

How does bottle feeding differ from breastfeeding?

BOTTLE FEEDING

Caregiver can see exactly how much volume was consumed

Infant demand is determined by how much milk is prepared or placed in bottle and caregiver ability to responsive feed

Bottle selection, flow rate selection and positional strategies can impact the infant's sucking rate, efficiency, and volume consumed

Correlated with increased weight gai

Can use responsive feeding strategies

Infant demonstrates signs of hunger and fullness to signify when to continue and discontinue feeding

BREASTFEEDING

Caregiver has less information about how much volume was consumed

Infant demand is communicated by frequency, duration and intensity of sucking and milk supply increases and decreases in response to these infant cues

Flow rate determined by individual factors and infant's intensity of sucking

What is paced bottle feeding and how do you do it?

Paced bottle feeding attempts to make bottle feeding more like breastfeeding. It involves taking the principles of responsive feeding and adapting these strategies to current bottle feeding practices.

- --> Position baby upright, well-supported or in side-lying
 - Hold baby the entire feeding
 - Hold bottle horizontally so nipple is full but no milk is dripping, encouraging baby to work to extract milk
 - Brush baby's lip with the nipple and wait for baby to actively latch and accept the nipple
 - Take breaks and watch for baby's cues to pace the feed or discontinue feed

¹Buccini, G., Benício, M. H., & Venancio, S. I. (2014). Determinants Of Using Pacifier And Bottle Feeding. Revista De Saude Publica, 48(4), 571–582. https://Doi.Org/10.1590/S0034-8910.2014048005128 ²Kotowski, J., Fowler, C., Hourigan, C., & Orr, F. (2020). Bottle-Feeding An Infant Feeding Modality: An Integrative Literature Review. Maternal & Child Nutrition, 16(2), E12939. https://Doi.Org/10.1111/Mcn.12939 ³Bentley, M., Wasser, H., Creed-Kanashiro, H. Responsive Feeding And Child Undernutrition In Low- And Middle-Income Countries. J Nutr. 2011;141(3):502-507. ⁴DiSantis, K., Hodges, E., Johnson, S., Fisher, J. The Role Of Responsive Feeding In Overweight During Infancy And Toddlershood: A Systematic Review. Int J Obes (Lond). 2011;35(4):480-492. ⁵Perez-Escamilla, R., Segura-Perez, S., Lott. M.; On Behalf Of The RWJF HER Expert Panel On Best Practices For Promoting Healthy Nutrition FP, And Weight Status For Infants And Toddlers From Birth To 24 Months. Feeding Guidelines For Infants And Young Toddlers: A Responsive Parenting Approach. Healthy Eating Research. Published 2017. Accessed November 19, 2021. https://Healthyeatingresearch.Org/Wpcontent/Uploads/2017/02/Her_feeding_guidelines_report_021416-1.Pdf. ⁶Kassing, D. (2002). Bottle-Feeding As A Tool To Reinforce Breastfeeding. Journal Of Human Lactation: Official Journal Of International Lactation Consultant Association, 18(1), 56–60. https://