



## Why do caregivers choose to bottle feed?<sup>1,2</sup>

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?<sup>3,4,5</sup>

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.



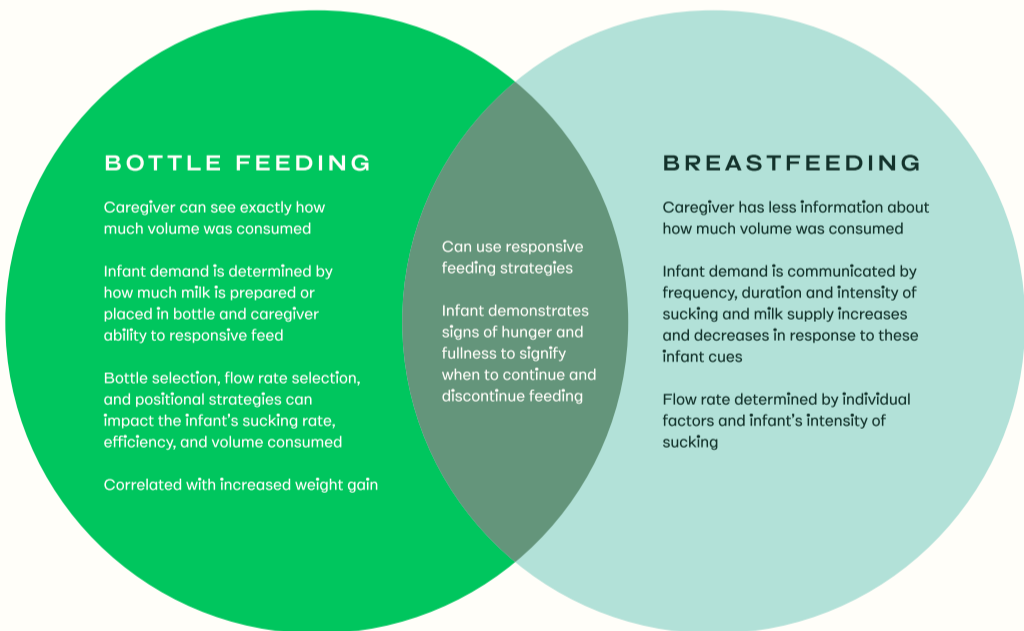
### HUNGER SIGNS

- 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?<sup>2</sup>



## What is paced bottle feeding and how do you do it?<sup>6</sup>

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

<sup>1</sup>Buccini, G., Benicio, 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> <sup>2</sup>Kotowski, 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> <sup>3</sup>Bentley, M., Wasser, H., Creed-Kanashiro, H. Responsive Feeding And Child Undernutrition In Low- And Middle-Income Countries. *J Nutr*. 2011;141(3):502-507. <sup>4</sup>DiSantis, K., Hodges, E., Johnson, S., Fisher, J. The Role Of Responsive Feeding In Overweight During Infancy And Toddlerhood: A Systematic Review. *Int J Obes (Lond)*. 2011;35(4):480-492. <sup>5</sup>Perez-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](https://healthyeatingresearch.org/Wpcontent/Uploads/2017/02/Her_feeding_guidelines_report_021416-1.Pdf). <sup>6</sup>Kassing, 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://doi.org/10.1177/089033440201800110>