

# RESPONSIVE FEEDING

Responsive feeding is all about recognising your baby's cues for hunger and responding quickly to your baby's needs.



Alder Hey Children's  
NHS Foundation Trust



## PACED RESPONSIVE BOTTLE FEEDING



<https://www.nct.org.uk/baby-toddler/feeding/practical-tips/tips-for-bottle-feeding-your-baby>

### References:

- <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2019/04/Infant-formula-and-responsive-bottle-feeding.pdf>
- <https://lansinoh.co.uk/blogs/breastfeeding/paced-responsive-feeding>
- <https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/advice>

This leaflet only gives general information. You must always discuss your individual treatment with the appropriate member of staff. This information can be made available in other languages and formats if requested


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Alder Hey Children's hospital promotes the Paced Responsive Feeding Technique.

Please find in our leaflet some of the many benefits and simple techniques used!



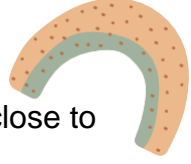
At Alder Hey, we promote breast feeding as the most natural way to feed your baby.

However, if you decide you would like to bottle feed, either expressed breast milk or formula, you will be fully supported in doing this.

Bottle feeding as responsively as possible helps with building a close and loving relationship between parent and baby. Try to limit the number of people who feed your baby as it is important for bonding that your baby gets to know your voice, smell etc first.

If you are breastfeeding, try to wait at least 6 weeks before introducing a bottle to give your baby the best chance of learning what to do.

### How do I do it?

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- Respond to early feeding cues, keeping your baby close to you will help you recognise these
    - Hold your baby close to you, ideally in skin to skin, and upright with head supported but not restricted
    - Gently brush the teat over your baby's top lip waiting for his/her mouth to open
  - Allow baby to take the teat into his/her mouth and ensure lips form a seal
  - Hold bottle horizontally ensuring the teat is filled with milk and they can **pace** their feed
  - Try to look at your little one, gently talking and stoking them whilst feeding. This has been proven to positively impact on social and emotional development
  - Little ones feed in bursts of sucking and swallowing then stop for a pause. Look out for signs they want a break.
    - Try to switch positions when bottle feeding.
- This is especially important if you are breastfeeding so baby can adapt to different feeding positions.

### How do I know my baby has had enough?

Signs baby wants a break differ from baby to baby.


They may splay their fingers and toes, spill milk out of their mouths, stop sucking, or turn their head away.

Don't ever force a baby to finish a feed.  
This is distressing for baby.



### Responsive Bottle Feeding:

- Can help prevent over-feeding which can lead to obesity
  - Ease the transition between breast and bottle
  - Reduce air intake, a potential cause of colic
    - Helps with bonding and attachment
- Can help development of hand eye co-ordination.



Remember – feeding should be a positive experience for you and your baby.

Stay calm, be patient and consistent.  
This is a new skill for your baby.