**Tips to Help With Paced Bottle Feeding:**

- Use a slow-flow nipple.
- Try to burp often and at the end of the feeding.
- Remember to move baby to the opposite arm halfway through the feeding to help with vision development.
- If baby doesn’t finish the bottle, that’s OK!
- Check out this video:

**Additional information:**

- If you have any questions or concerns, call your local WIC clinic.
- Call Ohio’s 24-hour Breastfeeding Hotline at 888 588-3423.
- Find a lactation consultant or find help at [www.ohiobreastfeedingalliance.org/breastfeedinghelp.html](http://www.ohiobreastfeedingalliance.org/breastfeedinghelp.html)
- [www.kellymom.com](http://www.kellymom.com)