

A woman with dark hair tied back, wearing a grey sweater, is sitting on a couch and smiling as she feeds a newborn baby with a clear plastic bottle. The baby is wrapped in a light-colored blanket and is looking up at the woman. The background shows a window with sheer curtains and a potted plant.

How to introduce a bottle to your newborn

Evidence-based. Judgment-free. Step by step.

@doulasbythebay

There is a technique that makes bottle feeding easier for everyone. Most parents have never heard of it.

Whether you are breastfeeding and introducing a bottle, exclusively pumping, or formula feeding from the start — how you give the bottle matters as much as which bottle you choose.

It is called **paced feeding**. It takes five minutes to learn and changes everything.



Swipe for the full guide — and save this for when you need it. Keep swiping — tips that make the difference: slide 5. →

WHEN TO START

Timing matters more than most parents realize.

Breastfeeding families

Introduce around **3–6 weeks**, once feeding is well established. Too early risks flow confusion — too late (after 4 months) and many babies simply refuse.

Formula from birth

A bottle is welcome from **day one**. No waiting required.

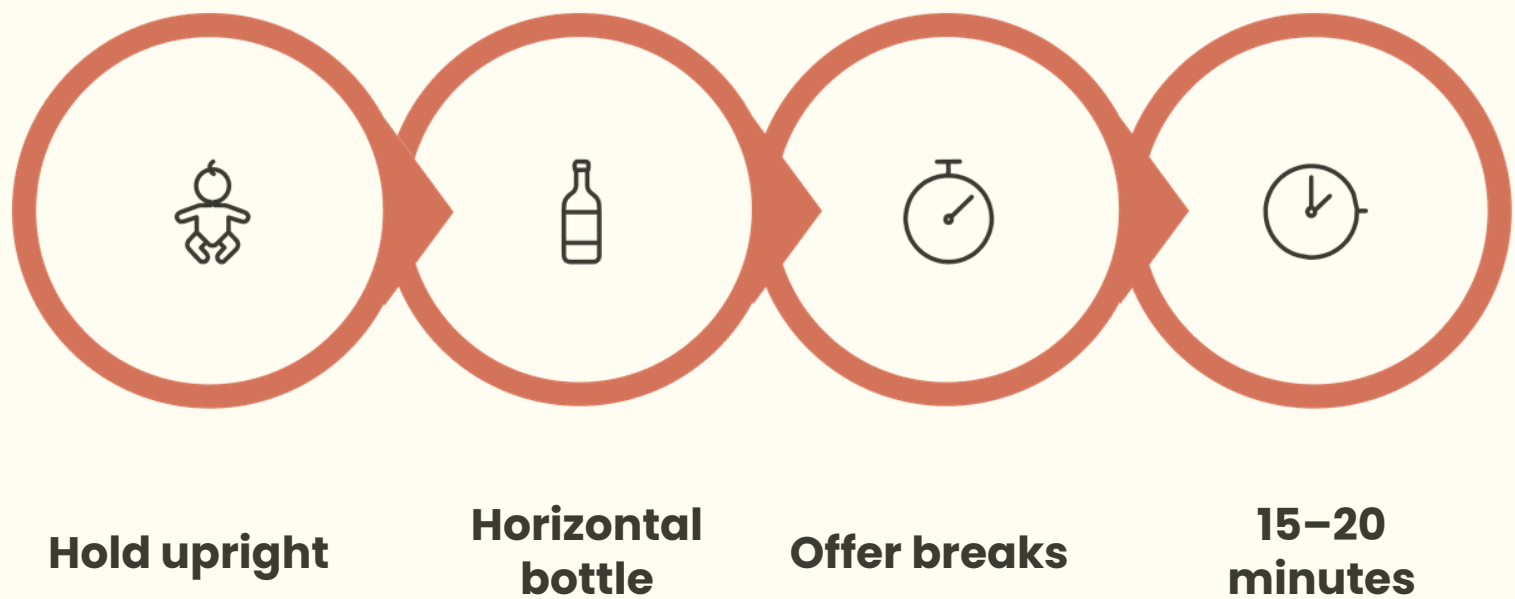
Best moment to practice

When baby is **calm** — not frantic with hunger, not full and sleepy.

You are not looking for a perfect moment. You are looking for a calm one.

THE TECHNIQUE

Paced feeding. This is the one to know.



Paced feeding mirrors the rhythm of breastfeeding. It reduces gas, prevents overfeeding, protects milk supply, and keeps baby in control of the feed.

✓ **Slow is the goal — not a problem.**

TIPS THAT MAKE THE DIFFERENCE

A few small things that change everything.

1 Let someone else give the first bottle

Have someone other than the breastfeeding parent offer it — and step out of the room.

2 Warm the nipple first

Run warm water over the silicone nipple before offering. Cold silicone is an easy reason to say no.

3 Let baby draw it in

Bring the nipple to baby's lips and **wait**. Never push it in. Start with just 1–2 oz — this is an introduction, not a full feed.

Babies associate their breastfeeding parent's scent with nursing. Removing that cue — gently, with someone they trust — often makes the difference.

Baby is refusing. Here is what to try.

Switch nipple flow

Speed varies widely between brands. A faster or slower flow can change everything.

Try different positions

Held against the chest, facing outward, or in a gentle bouncer — experiment calmly.

Offer when calm

Never during a crying spell. Try again tomorrow. Do not push through resistance — pressure creates aversion.

 **Some babies take 10 tries. Some take 20.** This is normal — not failure. Keep the experience calm, and keep going.



Your doula knows feeding.

Breastfeeding, pumping, formula, combination — our postpartum doulas provide **hands-on, judgment-free feeding support from day one**. No question is too small.

[Book a Discovery Call](#)

Save this. Share this.

Know a new parent who could use this guide? Tag them below or send this their way — because every family deserves support that is evidence-based and judgment-free.



3–6 weeks

Ideal window to introduce a bottle when breastfeeding



Paced feeding

Upright, horizontal bottle, breaks every few minutes



Patience wins

Some babies need 20 tries — calm and consistent is the strategy

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Newborn Feeding: Breastfeeding and Bottles in Early Weeks



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Hosted By: Toni Walker