

The following information will help you select an appropriate **store bought nipple** according to your baby's Gestational Age at Birth.

If your baby was born at...	Discharge Nipple
<p>Greater than or equal to 37 weeks</p>  <p>Example of the Similac Standard Flow nipple used in hospital.</p>	<p>If your baby has a well-coordinated <i>Suck-Swallow-Breath (SSB)</i>, then your baby will go home on a store bought nipple. To know what store bought nipple is best for your baby, turn over this page to view the flow rate chart. You'll want to purchase a nipple with a Medium, Fast, or Very Fast flow.</p> <p>You may be asked to bring in the purchased nipple so that your baby can trial it 48 hours before you take your baby home.</p>
<p>32 weeks to less than 37 weeks</p>  <p>Example of the Similac Slow Flow nipple used in hospital.</p>	<p>If your baby has a well-coordinated Suck-Swallow-Breath (SSB), then your baby will go home on a store bought nipple. To know what store bought nipple is best for your baby, turn over this page to view the flow rate chart. You'll want to purchase a nipple with a Medium, or Slow flow.</p> <p>You may be asked to bring in the purchased nipple so that your baby can trial it 48 hours before you take your baby home.</p>
<p>Less than 32 weeks</p>  <p>Example of the Haberman nipple used in hospital. Maximum of 2 nipples provided for babies during their admission to the nursery.</p>	<p>If your baby has a well-coordinated Suck-Swallow-Breath (SSB), then your baby will likely go home on a Haberman.</p> <p>If discharged home on a Haberman, your baby will be transition to a store bought nipple. To know what store bought nipple is best for your baby, turn over this page to view the flow rate chart. You'll want to purchase a nipple with a Slow or Extra Slow flow</p>

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Parents with feeding concerns can seek support through community services. Parents can also be referred the HPHA **Transitional Outpatient Pediatric Physiotherapy/Occupational Therapy Clinic** for additional support. **PT** ext 2908 **OT** ext 2631

To successfully transition your baby home, it is important to consider **Nipple Flow Rate** from various companies. They advertise their nipple flow rates in different ways. Some companies list flow rates by age (e.g. 0–3 months, 3–6 months, etc.) or by flow speed (i.e. “slow”, “medium” or “fast” flow). There are many differences between bottles, brands and types of nipples.

Nipple Flow Rates for Bottles Companies

Flow Category	Nipple Brand and Type
Extra Slow	Philips Avent Natural First Flow Philips Avent Natural Omos+ nfant Labs Extra Slow Dr. Brown's UltraPreemie
Slow	nfant Labs Slow Dr. Brown's Preemie Playtex Ventaire Full Sizes Playtex Ventarie Breastlike Similac single-use Slow Flow Playtex Baby Naturalatch 0-3m Comotomo Slow Flow (0-3 mos) nfant Labs Standard
Medium	Enfamil single-use Slow Flow Gerber First Essentials Dr. Brown's Level 1 Evenflo Classic Slow Flow 0m+ MAM Anti-colic Omos+ Tommee Tippee Closer to Nature 0m+ Tommee Tippee Anti-colic 0m+
Fast	Philips Avent Anti-colic Omos+ Similac single-use Standard Flow Enfamil single-use Standard Flow Similac single-use Premature Medela Wide-Base Slow Flow
Very Fast	Medela Calma

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How do I know if I'm using the right nipple flow?

Too Slow	Best Fit	Too Fast
<p>The nipple flow may be too slow if your baby is showing signs of stress such as:</p> <ul style="list-style-type: none"> • Sucking so hard that the nipple collapses flat. • Shows disinterest • Not getting much milk and becoming frustrated. • Usually takes more than 30 minutes to finish a bottle. If this is the case, you should have a feeding assessment, • Falls asleep before finished feeding. 	<p>You can tell you have chosen the best nipple flow when your baby:</p> <ul style="list-style-type: none"> • Can keep up with breathing and swallowing without coughing, choking, or spilling milk from their mouth. • Is actively sucking, awake, relaxed and able to finish bottle feed within 15–30 minutes. • Not showing signs of stress. 	<p>The nipple may be too fast if your baby is showing signs of stress such as:</p> <ul style="list-style-type: none"> • Spilling milk from their mouth. • Coughing, choking, gulping, or spitting up. • Loosening their latch or clamping their lips on the nipple. • Has trouble or works hard at breathing while feeding and may have noisy breathing. • Eye brows are raised, neck/head is arched, fingers are spread out.

If you have feeding questions or concerns, you should always consult with your baby's pediatrician, and/or OT regarding your newborn's feeding plan and routine.

References

Pados BF, Park J, Dodrill P. Milk flow rates from bottle nipples used in the hospital and after discharge. *Advances in Neonatal Care*. 2018; 19 (1): 32–41.
Pados BF, Park J, Thoyre SM, Estrem H, Nix WB. Milk flow rates from bottle nipples used after hospital discharge. *MCN Am J Matern Child Nurs*. 2016; 41 (4): 237 – 243
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Nipple Selection Guidelines

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