

Baby Feeding Tips for Parents

Does your baby seem uncoordinated or have trouble feeding from their bottle? Here are some tips to try!

Positioning

Instead of cradling your baby, lay them on their side. This is a more natural way for babies to eat because it supports breathing and swallowing coordination. You can also lift them a little so they are not lying flat on their side.



Pacing

Watch your baby's suck/swallow/breathe pattern. When they are young, they should be pausing to breathe about every 3-5 sucks/swallows. As they get older, they can start to suck more frequently before breathing.

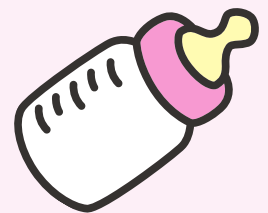
If your baby makes themselves cough because they forgot to take a break and breathe, help them breathe by using these steps:

- After 3-5 sucks wiggle the baby and bottle.
- If baby still doesn't pause to take a breath independently, tilt the bottle to the corner of their mouth away from the center tongue groove.
- If baby still doesn't pause to take a breath, take the bottle completely out of their mouth.

Nipples

Try a different bottle nipple size if your baby is doing any of the following:

- Spilling a lot of milk out of their mouth
- Gulping
- Has wide "surprised" eyes while eating



Most babies use a standard Dr. Brown's bottle which comes with the Level 1 nipple. If your baby is having trouble, consider trying Dr. Brown's Preemie nipple. This nipple releases the milk/formula a little bit slower which could help your baby feed easier. If you are using a different bottle brand, don't worry! Most bottle companies have equivalent nipple sizes to Dr. Brown's.

If your baby is still having a hard time after trying these strategies, call TEAM 4 Kids at 1-800-376-3440 to schedule a feeding evaluation with an infant feeding therapist.

T.E.A.M. 4 Kids
Pediatric Therapy

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