Alternate Feeding Methods

**Finger Feeding**
- Wash your hands and make sure your finger nails are cut short. It really doesn’t matter which finger you use. Choose one that is comfortable for you.
- Get into a comfortable position with your baby well supported. A nursing pillow can be very helpful. Some parents find it more comfortable to have the baby propped up on your knees facing you.
- Gently stroke the baby’s lower lip to encourage him to open his mouth. The pad or soft part of your finger should be facing the top of your baby’s mouth. The baby will draw your finger in.
- Once the baby starts suckling, slowly start squirting a little milk in the corner of the baby’s mouth with the syringe. You should hear the baby swallow.
- With practice, finger feeding goes very quickly.

**Bottle Feeding**
- Wash your hands
- Get into a comfortable position with your baby well supported. A nursing pillow can be very helpful. Some parents find it more comfortable to have the baby propped up on your knees facing you.
- Gently stroke the baby’s lower lip to encourage him to open his mouth. Gently put the bottle nipple into the baby’s mouth.
- Once the baby starts suckling, monitor how the baby is tolerating the feeding. You should hear the baby swallow. If the baby begins to gag or choke, pull the bottle out, bring the baby to a sitting position and wait a few seconds till offering the bottle again. Never allow a baby to suck on an empty bottle.

**Cup Feeding**
- Wash your hands
- Get into a comfortable position with your baby well supported and swaddled in an upright sitting position.
- Fill the cup only halfway to avoid spilling.
- Hold the cup to the baby’s lips. Tip the cup so that the milk just touches the lips.
- Wait for the baby to sip or lap at the milk.
- Keep the cup tilted just enough so that the milk is touching the baby’s lips.
- All pauses as the baby needs them--let the baby control the feeding.
- The baby may push some milk back into the cup, so keep the cup touching the lips.

**Supplemental Nursing System Feedings**
- Wash your hands
- Fill the SNS with milk and position the tubing on your breast either with tape or a band-aid.
- Latch your baby on as you normally would. If your baby is grabbing the tubing, consider swaddling his arms. Once your baby is suckling, gently insert the tubing into the corner of the baby’s mouth. Your baby will then be suckling both from your breast and the SNS.
- The rate of flow is controlled by gravity. Hold the bottle higher for a faster flow or lower for a slower one.

Breastfeeding Support Program

Nursing Boutique & Clinic

Located in the heart of the Maternity Center at the Children’s Hospital at Providence 907-212-2574