



Breastfeeding your baby

is one of life's greatest pleasures. There is no question that all babies (and moms) benefit from the experience of breastfeeding. Unfortunately, breastfeeding can be difficult for some babies. If breastfeeding is painful or stressful for baby or mom, it may be time to get help.

Ways To Increase Breastfeeding Success

- Make sure you are seated comfortably
- Hold your baby tummy-to-tummy
- Make sure your baby's back is supported
- Do NOT settle for a shallow latch
- Make sure both lips are flanged (fish lips)
- Listen for at least 8-10 suck/swallow per burst. (Typical pattern is 20)
- Try jaw support (under the bony part)
- Massage your breast to increase milk flow
- Listen for coordinated suck/swallow/breathe patterns

Early Intervention

If you are concerned about your baby's ability to breastfeed, a thorough evaluation of your baby's oral function and feeding systems can identify any interfering issues and address any potential problems. Prompt evaluation and management through Feeding Therapy will increase successful breastfeeding and ensure that your baby obtains adequate nutrition for growth and development.

Breastfeeding Red Flags

- Painful feeding (nipple pain or misshaping)
- Limited milk transfer
- Coughing and choking
- Congestion or color changes
- Aspiration (down the wrong tube)
- Vomiting milk through nose
- Tires before finishing feeding
- Poor sucking patterns
- Difficulty latching or staying latched
- Tongue protrusion
- Limited milk transfer
- Frequent feedings
- Irritable feedings

Things That Can Interfere with Success

- Reflux and other GI issues
- Tongue or lip tie
- Allergies/Intolerance
- Respiratory problems
- Heart issues

What Can Feeding Therapy Do?

- Suck Training
- Teach your baby how to coordinate suck/swallow/breathe skills
- Teach correct tongue function
- Develop strong oral motor patterns for feeding, speech development and oral and facial development.
- Baby supported feeding
- Transition back to breast or to find a supportive breastfeeding bottle
- Teach you exercises to do with your baby

Accessing help not only makes successful breastfeeding possible, but makes it enjoyable and stress free for you and your baby. If your baby is having difficulty breastfeeding, ask your pediatrician for a referral to a speech pathologist specializing in pediatric dysphagia/feeding disorders.

Parent Education

Please see our entire parent education library on:

- Feeding How-To's
- Breast & Bottle Feeding
- Choking / Coughing
- Feeding Refusals
- Transition Difficulty
- Tongue and Lip Tie
- Failure to Thrive
- Picky Eaters
- G-Tube (weaning)
- Autism & Feeding Difficulties
- Oral Myofunctional

.....and many more

About us

Since 1996 we have been a leading private practice in pediatric dysphagia (feeding and swallowing). We have successfully treated thousands of children with all types of feeding and swallowing challenges, from basic to complex. Please talk with your physician or call us.

Pediatric Feeding & Swallowing Associates

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