



## Alternative Feeding Methods

When an infant needs a supplement for a medical reason, provide it in a way that is least likely to result in subsequent breast refusal. Babies can safely be fed by tube, cup, spoon, finger or bottle.

### *Complementary Feeding at the Breast*

#### **Equipment**

5 fr feeding tube, periodontal syringe or commercial feeding tube device (FTD)  
Pumped breast milk or formula

#### **Procedure**

- Place the infant at breast in cradle or football hold
- Assist the infant to latch-on
- Slip a 5 Fr feeding tube or periodontal syringe into corner of the infant's mouth or have in place a FTD

Or

- Tape the tubing to the breast so the infant takes both the breast and the tubing in during latch-on
- The tubing will be less obtrusive to the infant if it is placed in the corner of the mouth
- Reward sucking with a small bolus of milk
- Observe for swallowing and signs of too fast or slow milk flow



### *Cup or Spoon Feeding*

#### **Equipment**

Medicine cup, shot glass or other small cup or teaspoon  
Pumped breast milk or formula

#### **Procedure**

- Assure infant cannot accidentally hit the cup or spoon
- Fill cup not more than 3/4 full
- Place cup on lip with the fluid level at the edge of the cup
- Allow infant to lap or sip
- DO NOT POUR MILK IN INFANT'S MOUTH
- Leave the cup in place, only removing to refill it
- Let the infant pace the feeding
- Observe for swallowing and signs of too fast or slow milk flow
- Stop to burp from time to time

This is not an appropriate technique for an infant who is not alert, is sleepy or ill.





## ***Finger Feeding***

### **Equipment**

5 fr feeding tube and 5-20 cc syringe or commercially available feeding tube device  
Pumped breast milk or formula

### **Procedure**

- Wash your hands
- Fill the container
- Insert your finger pad up, slowly in the baby's mouth to the soft palate
- Slip the feeding tube in corner of infant's mouth or have it taped to your finger
- The baby will pull the fluid from the container as he sucks on the finger
- The baby should always be in control of the flow
- Observe for swallowing and signs of too fast or slow milk flow



## ***Paced Bottle Feeding***

### **Equipment**

Nipple with medium/wide base (infants mouth should be open to 140° similar to breastfeeding) and a slow flow  
Pumped breast milk or formula

### **Procedure**

- Hold the baby almost *upright*
- Hold the bottle almost horizontal just filling the nipple with fluid
- Let the baby seek for the nipple. Encourage the baby to take it into his mouth until he has a wide latch (140° ) and it is deep in his mouth
- The feeding should take 15-30 minutes. If the baby drinks too fast, tip the bottle down or remove it to slow the pace of the feeding
- Mothers can hold the baby cheek to breast for the feeding



Correct

Incorrect



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