

9J: FEEDING STRATEGIES AND TECHNIQUES

STRATEGIES TO SUPPORT BOTTLE FEEDING, SPOON FEEDING, AND CUP DRINKING:

- ① Stimulation stroking technique
- ② Jaw and chin support
- ③ Lip and cheek support for sucking
- ④ Lip and chin closure technique
- ⑤ Bottle Press down technique
- ⑥ Pacing technique
- ⑦ Facial Molding Techniques
- ⑧ L Shape
- ⑨ Chin cupping
- ⑩ Press down technique
- ⑪ Tonic bite spoon cup removal

1. LIP STIMULATION/STROKING TECHNIQUE

This strategy provides stimulation to a baby's lips eliciting a sucking response from the baby who is breast and/or bottle fed.

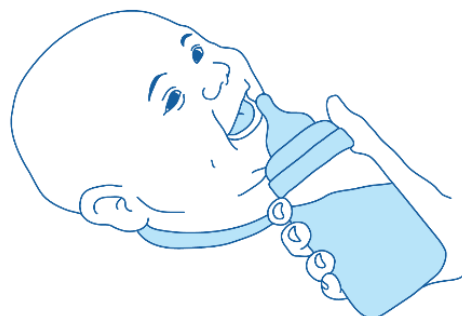
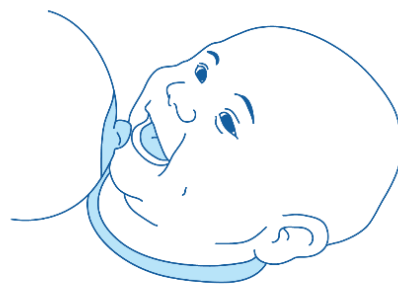
BEST FOR: Young babies 0-6 months of age who are breast and/or bottle feeding.

WHEN TO USE:

- Any baby who needs extra encouragement to suck
- The baby who has trouble sucking
- The baby who has a weak or disorganized suck
- The baby who is born early or exposed to substance and may tire easily or has trouble sucking

HOW TO USE:

- Hold baby in a semi-upright position (45-60-degrees). Position baby in an elevated position on a cushion.
- Using the breast or bottle nipple, gently stroke the baby's bottom lip from side to side, pausing after several strokes to allow them a chance to receive the nipple.
- Repeat as necessary.
- Can also use a pacifier in a similar manner prior to offering the nipple.



2. JAW AND CHIN SUPPORT FOR SUCKING (BOTTLE FEEDING)

This strategy provides support to a baby's jaw to assist with sucking from a bottle.

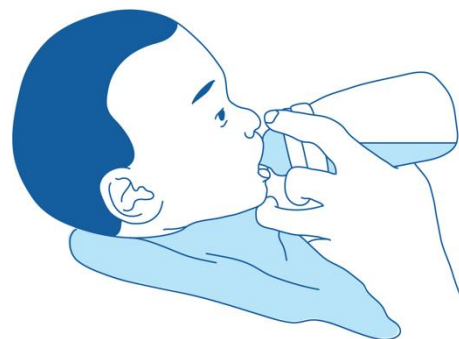
BEST FOR: Young babies 0-6 months of age who are bottle feeding.

WHEN TO USE:

- The baby who tires easily
- The baby who has trouble sucking
- The baby who has a weak or disorganized suck
- The baby who is born early or exposed to substance and may tire easily or has trouble sucking

HOW TO USE:

- Hold baby in a semi-upright position (45-60-degrees)
- Place one finger under baby's chin and give gentle pressure while offering the bottle.



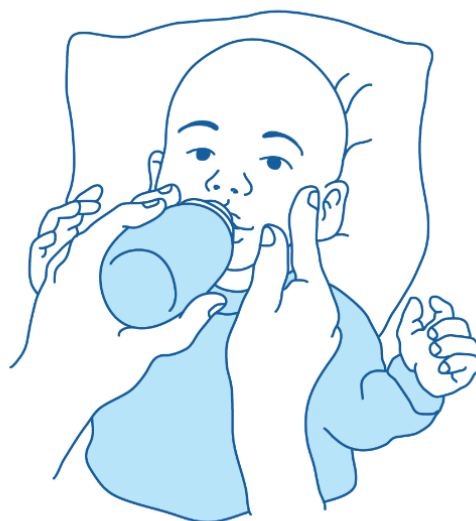
3. LIP AND CHEEK SUPPORT FOR SUCKING (BOTTLE FEEDING)

This strategy provides support to a baby's cheeks to assist with sucking from a bottle.

BEST FOR: Young babies 0-6 months of age who are bottle feeding.

WHEN TO USE:

- The baby who tires easily
- The baby who has trouble sucking
- The baby who has a weak or disorganized suck
- The baby who is born early or exposed to substance and may tire easily or has trouble sucking



HOW TO USE:

- Hold baby in a semi-upright position (45-60-degrees) or position baby in an elevated position on a cushion.
- Using your thumb and one finger (one on each cheek), give gentle pressure toward the baby's mouth to help move her lips around the nipple.



Remember: *If providing support to cheeks and jaw results in coughing or choking, this type of support should be immediately stopped.*

View of Chin Cupping Technique from the side while assisting a baby with bottle feeding.



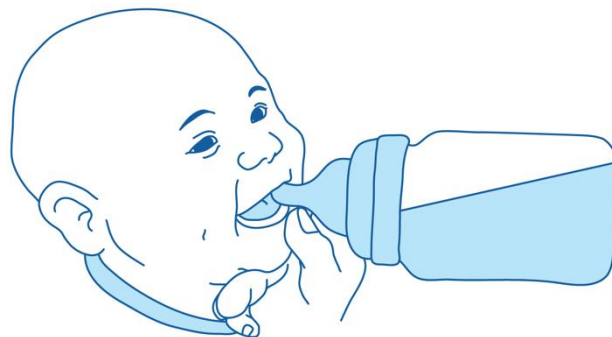
4. LIP AND CHIN CLOSURE TECHNIQUE

This strategy provides support to a child's lips and chin to assist with closing the lips for feeding.

BEST FOR: Young babies 0-6 months of age.

WHEN TO USE:

- The baby who has poor lip closure
- The baby who has trouble sucking
- The baby who has a weak or disorganized suck
- The baby who is born early or exposed to substance and may tire easily or has trouble sucking



HOW TO USE:

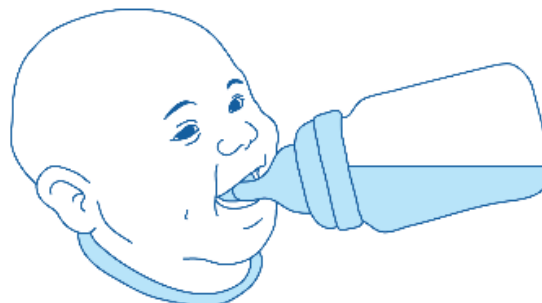
- Hold baby in a semi-upright position (45-60-degrees) or position child in an elevated, well-supported seated position.

- Using your thumb (slightly under bottom lip) and index finger (on chin), support the baby's bottom lip and bony part of the chin giving gentle pressure toward the baby's mouth to help move his lips around the nipple.

5. PRESS-DOWN TECHNIQUE (BOTTLE FEEDING)

This strategy provides gentle support to a baby's tongue to elicit and encourage sucking from a bottle.

BEST FOR: Young babies 0-6 months of age who are bottle feeding.



WHEN TO USE:

- Any baby who needs extra encouragement to suck
- The baby who tires easily
- The baby who has trouble sucking
- The baby who has a weak or disorganized suck
- The baby who is born early or exposed to substance and may tire easily or has trouble sucking

HOW TO USE:

- Hold baby in a semi-upright position (45-60-degrees) or position baby in an elevated position on a cushion.
- Using the bottle nipple, give gentle pressure downward on the middle of the baby's tongue for 1-3 seconds waiting for her to move her tongue around the nipple for sucking.
- Repeat as necessary.

6. PACING TECHNIQUE

This strategy provides short breaks for a baby who is bottle feeding as a way to slow down the feeding process. Paced feedings also mimic the way breastfeeding feels for a baby.

BEST FOR: Young babies 0-6 months of age who are bottle feeding.



WHEN TO USE:

- The baby who tires easily
- The baby who has trouble sucking

- The baby who has a weak or disorganized suck
- The baby who coughs, chokes or gags
- The baby who frequently spits up
- The baby who is born early or exposed to substance and may tire easily or has trouble sucking

HOW TO USE:

- Hold baby in a semi-upright position (45-60-degrees) or position baby in an elevated position on a cushion.
- Bottles should be held horizontally to reduce the flow of liquid.
- Baby is allowed to feed from the bottle for approximately 20-30 seconds (or 3-5 swallows) and then the bottle is tipped gently to the side of baby's mouth or downward. This side or downward action temporarily stops the flow of milk and "paces" the feeding. The bottle is never removed from baby's mouth.
- When baby starts sucking actively again, the bottle is returned to a horizontal position and the feeding resumes.
- Repeat process for the rest of the feeding or until the baby is able to pace feedings on her own.

7. FACIAL MOLDING¹⁵ TECHNIQUES

Facial molding techniques are face massages used to support a child's oral motor development for feeding. They are used directly before a mealtime to stretch and "ready" the muscles of the face for eating and drinking.

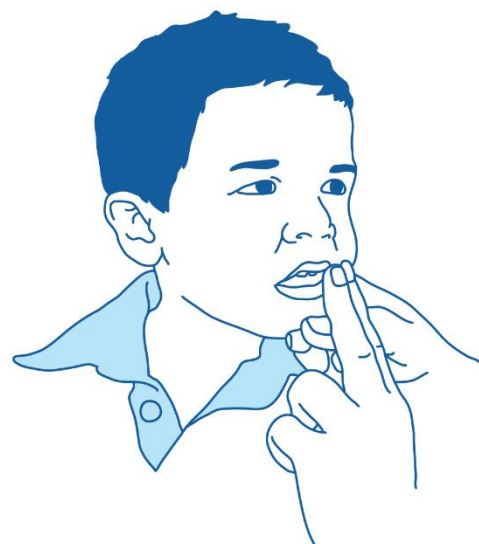
Two Facial Molding techniques include:

- ① Pat-Pat Facial Molding Technique (2-4 finger approach)
- ② Washcloth Technique

BEST FOR: Slightly older children 6 months of age and beyond who are taking solid foods.

WHEN TO USE:

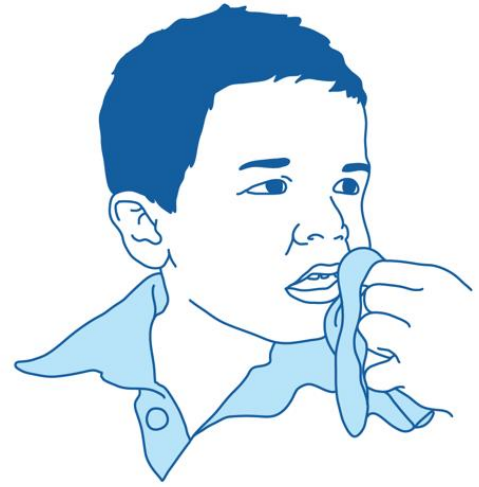
- The child with poor lip closure (open mouth posture)
- The child with lip retraction
- The child with low muscle tone in the face (floppy cheeks)
- The child with high muscle tone in the face (tight cheeks)



Pat-Pat Facial Molding Technique

HOW TO USE:

- Caregiver is positioned in front of the child or on their side.
- Child is positioned in an upright, well-supported seated position.
- Caregiver places 2-4 fingers high upon the child's cheeks, patting 3 times in a downward motion moving toward the lips. Vibrate the fingers while pulling downward – slowly, deeply, or rapidly. Caregiver repeats this 3 times.
- Caregiver places 2-4 fingers just above upper lip and gently applies pressure while massaging in a downward motion 1 time. This motion should assist the top lip with touching the bottom lip. The longer it is held, the better a child will feel lip closure.
- Caregiver places 2-4 fingers just below the lower lip and gently applies pressure while massaging in an upward motion 1 time. This motion should assist the bottom lip with touching the top lip. The longer it is held, the better a child will feel lip closure.
- Caregiver places 2-4 fingers on the child's lips and gently applies pressure for a final time.
- Repeat the entire process as necessary up to 8-10 times.
- The washcloth technique follows similar steps using a damp, warm washcloth. Instead of patting, wipe each part of the face in a downward motion (from the outer cheeks toward the nose and mouth) and in an upward motion from the chin to the lips. Complete wiping of both cheeks first before moving on to wiping the chin and lips.



Washcloth Technique



TRY USING THE PAT-PAT TECHNIQUE WITH A SONG TO MAKE IT FUN!

Pat-Pat-Pat

Pat-Pat-Pat

Pat-Pat-Pat

Lip Down

Chin Up

Seal it with a kiss! (muah!)



Remember: This strategy should not be used if a child has challenges with or resists handling touch to the face. These techniques should always be done slowly, monitoring a child's toleration and sensitivities and stopping as needed.

8. L-SHAPE TECHNIQUE

This strategy provides support to a child's jaw to assist with opening and closing the mouth for chewing and swallowing.

BEST FOR: Slightly older children 6 months of age and beyond who are taking solid foods.

WHEN TO USE:

- The child with jaw thrust
- The child with a tonic bite response
- The child with poor lip closure
- The child with difficulty controlling the opening and closing of the jaw



HOW TO USE:

- Caregiver is positioned in front of the child.
- Child is positioned in an upright, well-supported seated position.
- Caregiver's thumb is placed on the child's chin or just below the lower lip.
- Caregiver's index finger is placed at the temporomandibular joint (side of face in front of/near ear and upper jaw).
- Caregiver's middle finger is placed under the jaw behind the chin.
- Provide assisted control of the jaw by gently guiding it in an up and down motion while a child eats and drinks.
- Gradually reduce the amount of physical support and control provided to the child as they show greater jaw control.



Remember: This strategy should not be used if a child has challenges with or resists handling touch to the face OR if they have a very strong tongue or jaw thrust.

9. CHIN CUPPING TECHNIQUE

This strategy provides support to a child's jaw to assist with opening and closing the mouth for chewing and swallowing.

BEST FOR: Slightly older children 6 months of age and beyond who are taking solid foods.

WHEN TO USE:

- The child with jaw thrust
- The child with a tonic bite response
- The child with poor lip closure
- The child with difficulty controlling the opening and closing of the jaw



HOW TO USE:

- Caregiver is positioned behind or to the side of the child.
- Child is positioned in an upright, well-supported seated position.
- Caregiver's thumb is placed at the temporomandibular joint (side of face in front of/near ear and upper jaw).
- Caregiver's index finger is placed on the child's chin or just below the lower lip.
- Caregiver's middle finger is placed under the jaw behind the chin.
- Provide assisted control of the jaw by gently guiding it in an up and down motion while a child eats and drinks.
- Gradually reduce the amount of physical support and control provided to the child as they show greater jaw control.

View of Chin Cupping Technique from the side while assisting a child with drinking using a cut-out cup.



10. PRESS-DOWN TECHNIQUE (SPOON FEEDING & CUP DRINKING)

This strategy provides support to a child's tongue and jaw to assist with reducing a tongue thrust and making eating, drinking, and swallowing easier.

BEST FOR: Older children 6 months of age and beyond who are taking solid foods and learning to drink from a cup.

WHEN TO USE:

- The child who has a tongue thrust

HOW TO USE:

- Caregiver is positioned in front of the child at eye level --- not above them.
- Child is positioned in an upright, well-supported seated position.
- **Spoon Feeding:** Place a level spoon on the center of the tongue and apply firm downward pressure while offering firm pressure under the chin using a finger. Remove spoon and repeat as necessary.
- **Cup Drinking:** Place a cup on the lower lip below the tongue while offering firm pressure under the chin (to the tongue). Remove cup and repeat as necessary.



11. TONIC BITE SPOON/CUP REMOVAL TECHNIQUE

This strategy provides support to a child's jaw to assist with opening the mouth and releasing a spoon or cup from a tight bite.

BEST FOR: Children 6 months of age and beyond.

WHEN TO USE:

- The child with hypertonicity
- The child with hyperreactivity
- The child with difficulty controlling the opening and closing of the jaw and a tendency to clench the jaw

HOW TO USE:

- Reduce external stimulation during the feeding (dim lights, reduce noise, limit visual distractions, etc...)
- Help the child become calmer and less tense.
- When the child is biting down, relax and apply light pressure on the bottom of his chin.
- Wait to feel the jaw drop and then remove the spoon or cup from his mouth.
- If this does not help, gently guide the child's head forward (chin to chest) as a way to naturally open the mouth and release the utensil or cup.



***Remember:** Never try to remove a utensil or cup by forcefully pulling. The harder you pull on the utensil or cup, the stronger the reflex will become. A child's jaw will clamp down tighter on the utensil or cup making a release more challenging and causing possible damage to his teeth and gums.*

CAREGIVERS IN ACTION



L-Shape Technique with cup drinking



Press-Down Technique with Spoon Feeding



Pacing Technique with Bottle Feeding



Pat-Pat Technique



Chin Cupping Technique (slightly different positioning of caregiver's arm) with cup drinking



Horizontal bottle holding for Pacing Technique



Lip Stroking Technique with Bottle Feeding

