

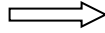


Am I Ready to Eat? ...Listen to My Cues



Signs I am ready to eat:

- wake with gentle stimulation
- stirring or fussing
- rooting
- hands and fingers to face
- coordinated sucking on soother
- looking around and at your face



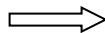
If I am ready...

- stimulate my suck with a soother
- swaddle my lower body, keeping my arms free
- hold me close to your body
- keep me semi-upright (head higher than feet)
- place the bottle/nipple on the lower lip and wait for the baby to latch

Keep an eye on me, things change fast in my world!

Signs I am NOT ready to eat:

- eyes widen
- nose flares
- colour changes to red, pale, or mottled
- looking or turning away
- chin retracts or shows tug
- neck extends
- back arches
- latch is hard to maintain
- milk spilling from lips
- hiccups
- becoming lethargic or falls asleep
- breathing sounds noisy or wet after swallows
- choking or coughing with swallow (usually once term)
- heart beating fast (increased >10 bpm while feeding)
- breathing slows, quickens or stops while feeding
- shallow catch up breaths
- disorganized sucking



If I am not ready...

- STOP
- Offer hand containment
- Give me a 10 minute break
- Check for signs I am ready to try again. if I am not, that's OK. Gavage feed.

Refer to speech pathology. Call Julia at (780) 613-5030 or page at (780) 445-2096.

Remember, I'm learning to eat, so...
Quality > Quantity

*"Feeding is a context in which mothers learn to communicate with their infants, anticipate and respond to their infants' agendas, and interpret feeding behaviors."
Thoyre, 2000*