FÉDÉRATION Nourri-Source

BREASTFEEDING A PREMATURE BABY

A baby is considered premature when born within 37 weeks of pregnancy and/or weighs less than 2.5 kg.

Breastmilk ensures optimal growth, the baby's development, and reduces the risks of:

- **Enterocolitis**
- **Meningitis**
- **Gastroenteritis**
- **Respiratory tract infection**
- **Otitis**
- **Topical dermatitis**
- **Etc.**

Photo : Nourri-Source Lanaudière, secteur Meilleur

Do as much skin-to-skin as possible (2h/session)

Possible challenges

- **Immature postural stability**
- **Lack of tone in muscles related to eating**
- **Disorganized susk-swallow-breathe cycle**
- **Difficulty getting enough milk**
- **Increased risk of reflux**
- **More frequent sleep periods**
- **Short tongue-tie, small mouth**
- **Need to drink every 3 hours**
- **Sensitivity to overstimulation**

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www.nourri-source.org

REFERENCE : LE PETIT NOURRI-SOURCE

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