FÉDÉRATION Nourri-Source

BREASTFEEDING A PREMATURE BABY

The choice of feeding method is based on the baby's condition and needs, according to :

- **Gestational age**
- **Neurological status (e.g. alertness, muscle tone)**
- **Clinical status (e.g. stability of cardiorespiratory rhythm)**
- **Feeding-drinking transition: start with short sessions of milk licking at the nipple or small suctions**
- **Special diet: a fortifier may be prescribed**

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

Photo : Nourri-Source Lanaudière, secteur Meilleur

***Careful, do not exert pressure on the baby in the football position**

Recommandations

- **Support baby's head, not the neck**
- **Make sure the baby's knees are bent when feeding**
- **Breastfeed in the biological or football* with de DanCer hand technique**
- **Set realistic expectations, be patient and undoubtedly ask for help**
- **Consult an IBCLC to optimize latching, use a DAL, a teat, check the tongue-tie**

2024

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RÉFÉRENCE : LE PETIT NOURRI-SOURCE

7e édition