

Cue-based feeding

Leaflet **11**



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A set of 11 leaflets

- ① The swaddled bath
- ② Kangaroo care
- ③ Touch
- ④ Diaper change
- ⑤ Swaddling
- ⑥ Soothing Methods
- ⑦ Holding/carrying
- ⑧ Transfers
- ⑨ Positioning
- ⑩ Massage
- ⑪ Cue-based feeding

The content of this leaflet is taken and translated from the book *Être parent à l'unité néonatale: tisser des liens pour la vie* (2017) written by Marie-Josée Martel and Isabelle Milette in collaboration with Audrey Larone Juneau, inf. CHU Sainte-Justine.

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Feeding skills develop well before the first attempts at breastfeeding or bottle-feeding.

Knowing how to support each stage of the development of your baby's feeding skills will lead to a positive feeding experience for your premature newborn baby.

Stages to active eating

Pre-oral stage (24 to 27 weeks)

Characterized by the acquisition of physiological stability and very short arousal periods.

Goal: To associate feeding with a pleasant multisensory experience.

Interventions:

Leaflet 6

- Apply **soothing methods**.

- Maximize the use of breast milk; have your baby smell the milk on a compressand and use it for mouth care.

Leaflet 2

- Practice **Kangaroo care** during tube-feeding.

Non-nutritional stage

When your baby begins to show interest in the pacifier or the breast with longer awake periods.

Goal: Develop sucking and breathing coordination and suction strength.

Interventions:

- Continue the interventions of the pre-oral phase.

- Encourage hand-to-mouth movement and positioning.

- Dip the pacifier in milk and present it during tube-feeding.

- Put your baby to the breast immediately after expressing milk for non-nutritive sucking.

Nutritional stage

Goal: Ensure the active participation of your baby by supporting and respecting his/her arousal and **signs of hunger**.

Interventions:

- Feed in a lateral position.

- Use the pacing method at the breast or bottle.

- Choose a proper nipple flow rate (flow management).

- Observe the baby's **signs of fatigue** and withdrawal.

Cue-based feeding

Signs of hunger

- Spontaneous awakening

- Licking

- Seeking the breast or pacifier

- Hand-to-mouth movements

- Opening of the mouth

- Rooting: Upon stimulation of his/her cheek, the baby turns the head to that side while opening his mouth.

- Latch on breast or pacifier

- Crying

Signs of fatigue

- Falling asleep

- Back arching

- Avoiding (turns away from the breast or pacifier)

- Closing the mouth

- Playing with the nipple

- Restlessness

- Crying

- Coughing

- Nausea

- Rate of suction slowing down

- Breathing difficulties

- Breathing too fast

- Desaturation

- Retractions (ex: the ribs are visible with each breath)

- Nasal flaring (enlargement of the nostrils on inspiration)

- Signs of stress (grimacing, frowning, ...)

- No rooting reflex

- Loss of physiological stability (desaturation, bradycardia, ...)