

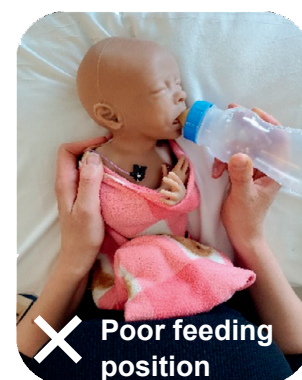
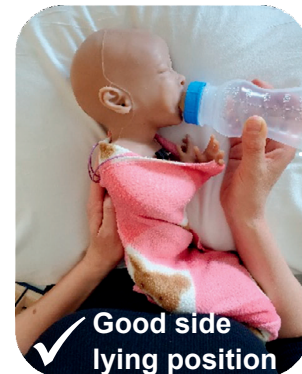
Benefits of Feeding in a Side Lying Position

Why feed your baby in a side lying position?

- Easier to learn how to coordinate suck-swallow-breathe skills
- Requires less effort to breathe
- Easier to keep head and body in line with each other
- Liquid flow is not affected by gravity. There is less chance of choking or fluid going into the lungs.
- Better oxygen saturations and less heart rate variability

How to feed your baby side lying

- Shoulders are aligned one over the other
- Head is raised
- Head and hips are in line with each other
- Feet are tucked in, beside or against the parent's body
- Make sure you can see your baby's face. You can watch for signs that your baby is handling the milk well.



Is my baby ready to try another feeding position?

After a few weeks of feeding your baby in a side lying position, your baby may be ready to try feeding in the more traditional cradle position. If you have a feeding therapist, ask them when your baby may be ready.

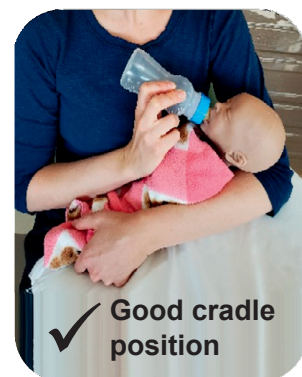
Signs your baby may be ready to try a new position:

- If baby is sucking regularly without taking long breath breaks
- If baby is able to keep his arms and legs slightly bent in close to the body throughout a feed

If your baby has trouble feeding in a cradle position (such as gulps milk, spills, or works harder to breathe), return to a side lying position for another week before trying a cradle position again.

For 24/7 nurse advice and general health information, call Health Link at **811**.

This material is for information purposes only. It should not be used in place of medical advice, instruction, or treatment. If you have questions, talk with your doctor or appropriate healthcare provider.



➤ Cradle Position

For a cradle position, hold your baby cradled in your arm leaning with their back against your arm, still seated fairly upright.