

POETri* Stages

Positive Oral Experiences Training Initiative

*adapted from "Eating in S.I.N.C." (Safe Individualized Nipple-Feeding Competence) 2016, Calgary NICU QI project

Kangaroo Care

The first two stages are an opportunity to practice breast-feeding

A: **Nuzzle at a pumped breast** whenever mother available
When not, offer OIT (drops of breast milk, up to 0.2 mL)

B: Go to a **½ pumped breast** when mother available
When not, offer up to **5%** of feed volume by drops beside soother
Feed for a maximum of **10 minutes**

C: Go to a **½ pumped breast** when mother available
When not, offer up to **10%** of feed volume by ultra preemie bottle
Feed for a maximum of **10 minutes**

D: Go to a **full breast** when mother available
When not, offer up to **20%** feed volume by ultra preemie bottle
Feed for a maximum of **15 minutes**

E: Go to a **full breast** when mother available
When not, offer up to **30%** feed volume by bottle
Feed for a maximum of **20 minutes**

F: Go to a **full breast** when mother available
When not, offer up to **40%** feed volume by bottle
Feed for a maximum of **20 minutes**

G: Go to a **full breast** when mother available
When not, offer up to **50%** feed volume by bottle
Feed for a maximum of **25 minutes**

H: Go to a **full breast** when mother available
When not, offer up to **60%** feed volume by bottle
Feed for a maximum of **25 minutes**

I: Go to a **full breast** when mother available
When not, offer up to **70%** feed volume by bottle
Feed for a maximum of **30 minutes**

Semi-demand: Go to a **full breast** when mother available
When not, offer the full feed volume by bottle
Feed for a maximum of **30 minutes**

Maximum feeding time refers to active sucking time and applies to both breast and bottle feeds

POETri FLEX:
For stages G-I
If baby is very eager after eating, you may offer up to 10% more and/or feed for an additional 5 minutes that feed.