

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

If low milk supply, consult LC for individual POETri feeding plan.

Good milk supply: Use POETri Stage volume as breast intake for every breastfeed (and minus this amount from the baby's total feed volume).

Starting at Stage E: feed from both breasts every feed, as tolerated.

Remember its ok to stop the NG feed top-up early if baby has signs of being over full (they may have taken more from the breast!)

Once on semi-demand feeds, estimate breast Intake by:

- Post breastfeed pump volume
- Breast fullness
- Baby's cues

Consult LC if there is daily weight loss.

NOTES:

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
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.	
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