



## Woman's Therapy



### Infant Feeding

Whether you are breast or bottle feeding your baby, it is important to recognize red flags during feedings that might indicate the need for further support and guidance.

- Spilling milk out of the mouth while feeding
- Tucking upper lip inward
- Moving bottle in and out of mouth
- Moving jaw with wide, awkward movements once latched
- Arching, extending or fighting during feedings
- Experiencing maternal pain with breastfeeding, nipple trauma, recurrent clogged ducts or mastitis
- Fatiguing quickly during feedings
- Losing the latch
- Working hard to extract milk
- Gulping, gasping for air, poor feeding rhythm, gagging or clicking during feedings
- Spitting up, hiccupping and gas following feedings



If you and your baby are experiencing any of these problems with breast or bottle feeding, you should call your child's pediatrician to discuss a referral to a speech-language pathologist or occupational therapist with specialized training in feeding, swallowing, and lactation. Scheduling an evaluation around your infant's meal time is recommended.

### **What should I expect during a feeding evaluation?**

- Case history including pregnancy, birth history and feeding history
- Evaluation of child feeding at breast or bottle
- Structural and functional assessment to assess lips, palate, tongue, cheeks, jaw and oral reflexes
- Treatment plan and home exercise program

### **What should I bring to the feeding evaluation?**

- Pacifier, if infant uses one
- Current bottle/nipple baby is using
- Formula or expressed breastmilk
- Nipple shield, if using

Woman's Therapy services offer speech and feeding therapy, occupational therapy and physical therapy. We offer a multi-disciplinary approach to treating our patients while collaborating with their pediatricians, dentists, otolaryngologists, gastroenterologists and other healthcare professionals to determine the best path for success.

For more information on infant feeding therapy, contact **225-924-8450**.