



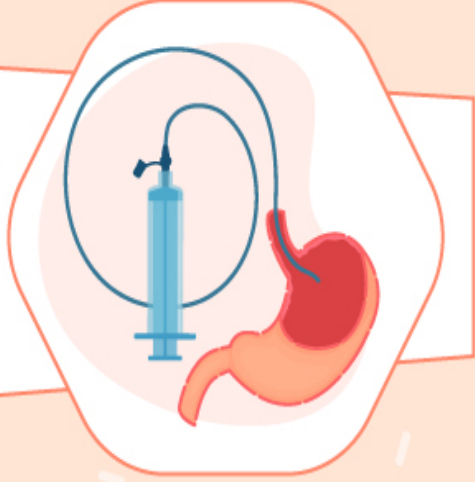
## Useful Methods To Overcome Feeding Difficulties In Premie Babies

Take nurses' help to encourage oral reflexes in NICU babies.



Familiarize the baby with the breast milk taste by dipping the pacifier or fingers in the milk and offering it to the baby.

Ask the nurse to provide tube feeding of the expressed breast milk.



Breastfeed the baby at every possible opportunity if your baby can latch.

Use slow-flow nipples until baby learns the suck-swallow-breathe coordination.



Use the kangaroo-care method to stimulate breast milk and engage in skin-to-skin contact.