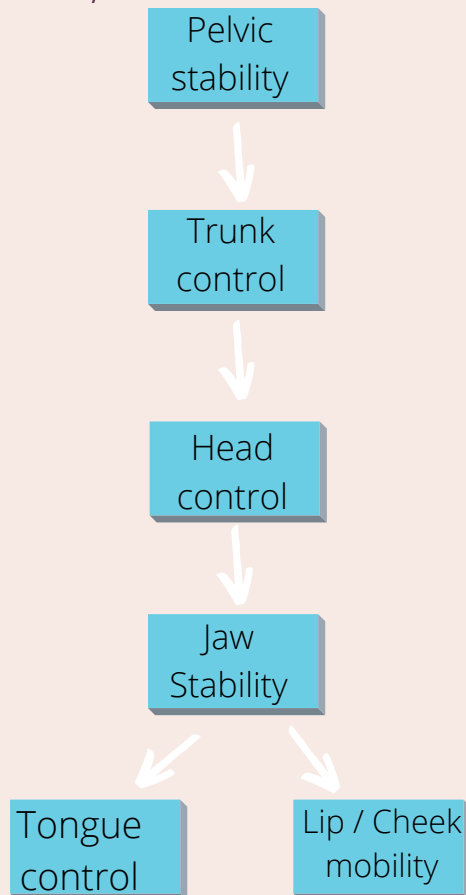


Positioning to support feeding



IT'S ALL CONNECTED!

The bones and muscles in our bodies are all connected. In order to increase jaw stability and strength a child must have good pelvic and trunk control. Often times what you see in the body will be what you see in the mouth. If there is decreased trunk stability there will be decrease jaw stability.



GUPPY POSE

- To achieve this position support the child's trunk while allowing their head and neck to extend. Have child lay on your lap on their back or over boppy pillow with neck extended
- Provides stretch in neck muscles
- Uses gravity to support tongue tip elevation for feeding
- Promotes chin tuck and core strength



TUMMY TIME

- Establishing prone extension pattern is fundamental for development
- Increases visual motor skills allowing the eyes to work together when the baby moves his/her head
- Increases neck muscles to support head during feeding
- Increases shoulder strength to promote fine motor skills for self feeding
- Tummy time and crawling assist in integrating primitive reflexes

References

Bentley, K. (2018, March 28). Early Development of Core Muscle Tone in Infants [Blog post]. Retrieved from <https://www.kidsot.com.au/early-development-of-core-muscle-tone-in-infants/>.

Redstone, F & West, J.F. (2004). The Importance of Postural Control for Feeding. *Pediatric Nursing*, 30;2. 97-100. Retrieved from <https://search-proquest-com.ezproxy.gvsu.edu/docview/199431538/fulltextPDF/50549154F711444DPQ/1?accountid=39473>.



Positioning during feeding

WHY IS POSITIONING IMPORTANT?

- Increases oral intake during feeding
- Increases efficiency and breathing capacity during feeding
- Increases child's ability to try different foods and enjoyment during mealtimes
- Promotes social interactions during mealtime
- Allows child to use visual and fine motor skills for self feeding

0-3 MONTHS

- Infants during this age require complete support of head, neck and trunk during feeding
- Babies should be bottle or breast fed
- Positions include:
 - Cradle or cross cradle
 - Side lying
 - Reclined on pillows or lap of caregiver
 - Seated in infant seat



"90-90-90" Rule

- Hips supported at 90 degrees
- Knees flexed at 90 degrees
- Feet supported with 90 degree angle at the ankle

9-15 MONTHS

- Child requires minimal to moderate postural support
- Children rely more on solid foods
- Positioning is important to encourage new foods in a safe and successful manner
- Child should be positioned in 90-90-90 during mealtimes



References

Kaplan, T. (2019). Feeding and Positioning Manual: Guidelines for Working with Babies and Children. Eugene, OR: Holt International.