

Finger Supply Line Feeding (Expressed Breast Milk)



Finger supply line feeding works well if your baby needs larger amounts of expressed breast milk and they are not yet successfully breastfeeding.

This method may prevent breast refusal by your baby that is related to bottle feeding. Please ask for help before starting.



What do I need?

A feeding tube, tape, syringe, sterile scissors, bottle and teat.

What do I need to do?

- Wash your hands and make sure your nails are clean and short.
- With sterile scissors (wash and boil metal nail scissors on the stove for five minutes) cut a slightly larger hole at the tip of the teat, so that you can feed the tube upwards through the teat (a tight fit will help reduce spilling). **Make sure that this teat is not used for any other purpose.**

- Open the plastic attachment (the open/close valve) on the large end of the feeding tube and sit it in the expressed breast milk at the bottom of the bottle.
- Screw the teat and bottle top onto the bottle.



- Place the feeding tube on the soft part (pad) of your finger, so that the tip is at the end of your finger. Tape the tube at the base of your finger, to avoid your baby sucking the tape.
- Keep the bottle close to you, such as on the table, in your pocket or between your breasts.
- Place your finger gently into your baby's mouth with the soft part of your finger facing upwards, with the feeding tube in your baby's mouth.
- Encourage your baby to suck on your finger by gently tickling the roof of their mouth.

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- When your baby sucks they will be able to draw the expressed breast milk through the feeding tube.
 - Ask for help if your baby is not sucking well.

Cleaning the feeding tube

Use a syringe to push:

- Warm soapy water (use dishwashing liquid) through the feeding tube.
- Tap water through the feeding tube.
- Cooled boiled water through the feeding tube.
- Air through the feeding tube.

Let the feeding tube dry before the next feed.

To help reduce the risk of your baby getting sick, **please throw out the feeding tube after five days of use.**

Community Health Centre

Tel No: _____

Community Health Feeding Clinic

Tel No: _____

Australian Breastfeeding Association

Tel No: 1800 686 268

Family Doctor

Tel No: _____