

Finger Feeding (Expressed Breast Milk)



Finger feeding works well in the first few days when your baby is getting small amounts of expressed breast milk.

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 syringe.

What do I need to do?

- Wash your hands and make sure your nails are clean and short.
- Place some expressed breast milk in the syringe.
- Place your finger gently into the baby's mouth with the soft part of your finger facing upwards.

- Encourage your baby to suck on your finger by gently tickling the roof of your baby's mouth.
- When your baby commences suckling, place only the tip (the narrow part) of the syringe in the side of the baby's mouth and slowly give the expressed breast milk.
- Ask for help if your baby is not feeding well.
- Use a new syringe for every feed.

Community Health Centre

Tel No: _____

Community Health Feeding Clinic

Tel No: _____

Australian Breastfeeding Association

Tel No: 1800 686 268

Family Doctor

Tel No: _____