

Finger feeding (expressed breastmilk)



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

This method may help prevent babies refusing the breast, which can occur when they become used to feeding from a bottle. 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
- Draw up some expressed breastmilk into a syringe

- Place your finger gently into your 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 starts sucking, 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

Scan the QR code for more information and resources



Contact Information

Feeding Clinics are located at your Community Health Centre

- + Hawkesbury (02) 4560 5714
- + Lithgow (02) 4751 0100
- + Katoomba (02) 4751 0100
- + Springwood (02) 4751 0100
- + St Marys (02) 9833 6800

Australian Breastfeeding Association

Telephone: 1800 686 268

App available by scanning the QR codes below

