

Suck Training Activities

Discover simple and effective techniques to strengthen your baby's sucking muscles for successful feeding.

Benefits of Suck Training



Reduced Feeding Challenges

Suck training can address difficulties such as latching problems or slow and painful feeding. This can contribute to a smoother feeding experience for both baby and parent.

Improved Sucking Skills

Suck training activities help babies develop stronger and more coordinated sucking motions. Bottle and breastfeeding can become more efficient. Suck training can be particularly helpful for babies who have had oral tie releases.

Support for Premature Babies

Suck training exercises can be especially helpful for babies born early. Suck training aids their oral motor development and encourages successful feeding.

Common Suck Training Activities

JAW MASSAGE

- Use your fingertips to gently touch the area just below your baby's earlobe on both sides of the face.
- Very softly and slowly, make tiny circles using your fingertips. Imagine you're drawing small circles on your baby's cheeks and jaw area.
- Gently move your fingertips under your baby's chin, making soft circular motions in that area too.

LATERALIZATION

- Take your pointer or pinky finger and softly glide it along your baby's gum line on one side of their mouth, starting close to where their molar teeth will come out. Move slowly from side to side.
- Watch as your baby tries to follow your finger with the tip of their tongue.

TUG OF WAR

- Offer your pointer or pinky finger, with the soft part facing up, and let your baby suck on it. Wait a few seconds, then gently move your finger away from their mouth. Your baby might try to suck it back in. Do this little game a few times.

TONGUE EXTENSION

- Offer your finger, with the soft part up, and let your baby suck on it.
- Roll your finger over, pad side down, & gently apply downward pressure.

Suck Training Tips:



Go Slow & Be Gentle: Be very gentle. Your baby's comfort comes first. Watch how your baby reacts. If your baby gets upset or gives you the stop sign hand, slow down or stop and try again next time.



Keep Sessions Quick: Each session doesn't have to take a long time. Just a minute or two should be enough.

Have questions or need assistance with the suck training exercises?

Nest IBCLCs are here to help! Meet with a Nest Collaborative IBCLC by visiting our website www.nestcollaborative.com or by calling (888) 598-1554.

