

Sucking Strategies

Please do not attempt until shown by a skilled therapist and/or IBCLC. These strategies were created by Alison Hazelbaker, PhD, IBCLC, FILCA, CST-T, RCST.

Flitrum Press: _____ 3x/day

1. Place index finger on upper lip “groove” (filtrum) and hold (do not press, just use the weight of your finger)
2. Keep finger placed until you fee baby’s upper lip relax

Nasal Convergence: _____ 3x/day

1. Place index finger in mouth right behind upper gums and beginning of hard palate
2. Lightly place thumb on outside of top lip (filtrum)
3. Baby may start sucking, if they do not, that’s okay just keep your fingers placed
4. Keep fingers placed (index finger in mouth, thumb on filtrum) until baby relaxes

The Spot: _____ 3x/day

1. Place index finger or pinky finger with pad up on the “spot” right behind the upper gums where the hard palate begins
2. Leave your finger there steadily until baby relaxes

Breast Crawl: _____ 1x/day

1. Lay back in a comfortable reclined position without a shirt
2. Place your baby on your chest, belly down with head toward your head
3. Allow baby to “crawl” to your breast (bouncing, rooting and searching)
4. Guide your baby if he/she starts to fall off
5. Do not “help” your baby latch, just allow him/her to take his/her time to latch on own

Tug of war: _____ 3x/day

1. Place pacifier/finger in mouth and wait until baby starts sucking
2. Pull (slightly) on pacifier and let baby suck it back in

V-stretch: _____ 3x/day

1. Stabilize the jaw with the thumb on the chin and pull down to open the mouth
2. Place your index finger and middle finger under the tongue on either side of the frenulum
3. Provide light to moderate pressure and pull from the base up to the tip of the tongue (Merkel-Walsh & Overalnd, 2018).

Please feel free to contact Annika Suarez, MS, CCC-SLP, CLC
at 407-463-2541 with any questions