

# \*What's Posture Got To Do With It?

## Part II: Improving Feeding Outcomes

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\*List 3 reasons to feed infants in the elevated side-lying position.

\*1) \_\_\_\_\_ ? \_\_\_\_\_  
 \*2) \_\_\_\_\_ ? \_\_\_\_\_  
 \*3) \_\_\_\_\_ ? \_\_\_\_\_

### \*Objective



\*Definitions:

- \*Elevated side-lying (ESL): Infant placed in side-lying, with the head higher than the feet.
- \*Modified side-lying (MSL): Side-lying position, with a slightly upright tilt, head still being higher than the feet. (Ludwig & Waltzman, 2007)



### \*What is "Side-Lying"?



- \*Set the stage
- \*Lights down
- \*Sound down
- \*Supplies ready
- \*Chair
- \*Lap / Pillow
- \*Appropriate bottle/nipple
- \*Burp cloths

### \*How to....



- \*Prepare the infant
  - \*Readiness signs
  - \*Swaddled appropriately
- \*Prepare the feeder
  - \*Presence
  - \*Deep breath

### \*How to...



\*Optimal Functional Position



### \*Reason #1





- \* Mimics most frequently used breastfeeding position
  - \* Cradle / Cross-cradle holds
- \* Promotes flexion
  - \* Inhibits extensors
  - \* Stable base of support for oral motor function
- \* Fewest stress behaviors seen in supported side-lying (Grenier, I.R., et al 2003)
- \* 60° incline increases reflux (Carroll, A.E., et al 2002)



**\* Optimal Functional Position**

\* Safety



**\* Reason #2**

- \* Safety
  - \* Greater physiologic stability (Clark, L. et al, 2007)
    - \* Oxygen saturations increase
    - \* Heart rate variation decreases
  - \* Decreases risk of adverse events
    - \* Apneas and Bradycardias
    - \* Aspiration
      - \* Decreases free-flow from bottle nipple
      - \* Allows infant to self pace easier
      - \* Allows for easier external pacing
  - \* May provide slower flow without thickening or specialty nipples

**\* Safety**

\* Developmentally Supportive



**\* Reason #3**

- \* Provides flexion, containment and alignment during feeding
  - \* Recommended practice during all caregiving activities (Core measure # 3- Developmental activities of daily living: positioning & feeding - Coughlin, M. 2009)
- \* Promotes neurobehavioral organization (Als, H. 1986)
  - \* Autonomic
  - \* Motor
- \* Can be easily performed by parents



**\* Developmentally Supportive**

\*Neurodevelopment is occurring in your hands, right before your very eyes

\*"Neurons that fire together... wire together!"



**\*Remember**



\*List 3 reasons to feed infants in the elevated side-lying position.

- \*1) Optimal functional position
- \*2) Safety
- \*3) Developmentally supportive

**\*Objective**



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**\*References**




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