

Dr. Brown's Medical Webinar Q and A  
Kelly Andrasik McLeod, Breastfeeding the Fragile Feeders: Cutting Edge Research to Elevate your Practice, 8.12.21

## **Q and A**

Q: If you notice a tongue tie in a preemie, when do you recommend it being addressed?

A: As the research suggests, a tongue tie should be addressed if there is a functional implication. For this reason, it would be important to evaluate how the infant is feeding, and if the tongue tie impacts function before an intervention is completed.

Q: What is ankyloglossia?

A: Ankyloglossia is the medical term for tongue tie, which is when the tongue has a limited range of motion from a restricted lingual frenulum.

Q: Suggestions for approaching hospitals to join the NICU team if they do not have SLP or OT on the team?

A: I would recommend sharing up-to-date evidenced-based practice that demonstrates the value of having a therapy team within the NICU. Some markers that may be highlighted and beneficial to share would include improved parent/family satisfaction, decreased length of stay, and improved developmental outcomes.

Q: How long do you recommend the protected breastfeeding window be?

A: The research does not specify a time frame for this. What is known in the research, is that earlier introduction to the breast (and introducing breastfeeding before bottle feeding) is supportive of long-term breastfeeding outcomes. A decision regarding the timeframe for protected breastfeeding should be reached as a collaborative multidisciplinary team, when considering the specific unit, patient population, and availability of the mother to be present to breastfeed. In practice, hospitals use a variety of ranges for this including 48 hours and up to two weeks.

Q: What bottle nipple is most like breastfeeding?

A: Many manufacturers will claim that their bottle nipple is similar to breastfeeding. More important than the shape or texture of the nipple, the nipple flow rate should be slower than the mother's flow from the breast. It is frequently this flow rate preference, rather than shape or texture preference, that makes it difficult for a baby to transition between the breast and bottle.

Q: What is the website for pathways? (in reference to IBCLC)

A: <https://iblce.org/>