



Suck Training Exercises

Latch exercises to do before every feeding:

1. Wash hands make sure your nails are trimmed short. Use your pointer fingers, one on each side of baby's face to **stroke from ear to corners of mouth 5 times** to help massage and relax the jaw.
Goal: To relax the jaw and make a figure 8 with lips.
2. Use index fingers to **circle both cheeks 5 times**.
Goal: To see the tongue start to move.
3. Use index finger to **make circles along front gums under lips** in a circle shape 5 times.
Goal: For the tongue to try to touch the finger as it touches the gumline.
4. Use index or smallest finger to **stroke tongue** from back to front, starting midway up tongue and making a groove in the middle.
Goal: For the tongue to try to grasp the finger and pull it in and suck on it
5. Turn your finger over so soft side is on the roof of the mouth (palate), you can massage the **palate from left to right gently** then hold your finger still a moment on the roof of the mouth so baby will suck on your finger. Allow them to suck 30 seconds or more.
Goal: For baby to pull your finger into their mouth and practice sucking.
6. Take your finger and place it in the back where top and bottom jaw meet, **allowing baby to "bite down"** on your finger. Do this for 10 seconds on each side.
Goal: For them to bite down with same pressure on each side, this releases the tension in the jaw and helps them open wider.

