



ALTERNATIVE FEEDING METHODS

Method	Benefits	Concerns	Optimal use
Cup	Easy to teach, use and clean, globally available, inexpensive slightly better breastfeeding outcomes compared to bottles	Spillage, slower feeds, lower intakes, different oro-motor movements from breastfeeding	Preterm infants, late preterm and term infant supplementation, short or long-term use
Paladai a small, beaked cup	Easy to teach, use and clean, readily available in certain countries, low to moderate expense	Spillage, slower feeds, different oro-motor movements, risk of aspiration if milk is poured into the infant's mouth	Preterm infants, late preterm and term infant supplementation, short or long-term use
Feeding tube nasogastric or orogastric	Efficient, intake can be measured	Expensive, requires frequent replacement, no suckling or mouth movement, training for safe use, infants may fight and/ or remove tube as they mature	Very preterm infants with no suck-swallow-breathe coordination, long-term use
Finger feeding	Can be used to reward appropriate suck-swallow, may improve breastfeeding rates at discharge	Requires complex learning, slow, different oro-motor movements, the feeding tube and syringe should be replaced for each feed, increased medical waste	Neurologically compromised and preterm infants, short-term use
Spoon	Inexpensive, readily available, can discard or clean easily, can be used to capture colostrum during hand expression	Spillage, slow, different oro-motor movements from breastfeeding	Term or late-preterm infants with good suck-swallow coordination, short-term use
Dropper or syringe	Can be used alone or to supplement at breast at the corner of the mouth, can be used to collect colostrum	More expensive than cup or spoon, difficult to clean, increased medical waste, different oro-motor movements from breastfeeding	Term or late-preterm infants with good suck-swallow coordination, short-term use
Supplemental nursing system	Encourages latch and normal suckling, allows baby-led feeding and measurement of intake	Expensive, difficult to clean, awkward to use, moderately complex learning for parent	Term or late preterm infants with good suck swallow coordination, long-term use for adoptive nursing or supplementation
Bottle and teat	Efficient, slow flow teats mirror breastfeeding more closely than rapid flow teats	Expensive, difficult to clean, allows overfeeding, risk of aspiration with immature suck/swallow/ breathe coordination, different oro-motor movements	Any infant with some suck- swallow-breathe coordination, long-term use