



*Julie Bouchet-Horwitz, FNP-BC, IBCLC
Hudson Valley Breastfeeding, LLC
9 Hudson Road East
Irvington, New York 10533
914.231.5065 · 914.407.1718 fax
www.hudsonvalleybreastfeeding.com
jbouchet@hudsonvalleybreastfeeding.com*

Finger Sucking Exercises

- Try to get the baby to open the mouth and let you put your finger in it. Gently tap her lips with the back of your index finger.
- When she opens her mouth, slide finger into infant's mouth so that pad side touches hard palate and nail bed rests on tongue. Finger is drawn in past the gum line but not too deep in the mouth that the gag reflex is triggered. Baby's lips should flange out like a fish.
- Press your finger down onto baby's tongue and gently pull it forward. It will help strengthen the baby's tongue for proper nursing.
- You can do these exercises when baby is in a car seat. Support his/her chin with your index and thumb in a C position if baby's suck is extremely weak.
- Do the exercises for 1-2 minutes as often as possible.

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Julie Bouchet-Horwitz, FNP-BC, IBCLC