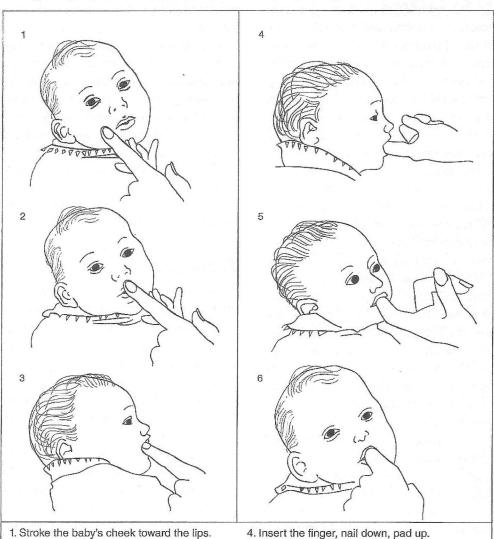
Figure 3A-1 Basic Suck-Training Technique.



- 2. Brush the lips.
- 3. Massage the outside of the lower gums, the top of the lower gums, the outside of the upper gums, and the top of the upper gums.
- 5. Gently start rubbing the hard palate and progress to the soft palate to initiate sucking. As the baby sucks, gently press down and forward with the fingernail portion of the finger. Alternate rubbing the baby's hard palate with downward and forward pressure. Give verbal praise and encouragement to the baby for correct motion.
- 6. Alternate method. Insert finger, nail side toward the roof of the mouth. Position the pad of the finger at the place where the baby's tongue begins to slant downward toward the pharynx. Use the finger to pull the tongue forward. An eyedropper can be used instead of a finger or in addition to a finger when the baby needs a food reward for behavior modification to occur. The baby is rewarded with expressed breast milk or formula as the tongue is placed into the correct position with the dropper.