

# Bottle feeding – elevated sidelying position

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## What is the elevated sidelying position?

The elevated (raised) sidelying position is a special way to hold your baby when you feed them. It means that:

- Your baby's head is raised higher than their hips.
- They are lying on their side.



**Young baby sucking on a pacifier in the elevated sidelying position**



**Older baby feeding in the elevated sidelying position**

## What babies should use this position?

This position may be helpful for babies who feed from a bottle. It can be especially helpful for premature babies or babies who have a hard time feeding.

## Why should my baby use this position?

This position may help your baby feed from a bottle more easily and safely. Feeding your baby this way can also help them:

- Better control the liquid once it is in their mouth.
- Calmly feed for a longer time.
- Eat, breathe and swallow more easily.
- Keep their heart rate and oxygen level more stable.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Bottle feeding - elevated sidelying position, continued

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## How do I feed my baby using this position?

To feed your baby using this position:

- Sit in a comfortable chair. It may help to swaddle your baby. Swaddling helps your baby feel secure and calm so they will be ready to eat.
- Support your baby's back and head as you sit them on a pillow. Turn your baby on their side so one ear is facing the ceiling and the other ear is facing the floor. Keep their head higher than their hips.
- Support your baby's back and head with 1 hand as you offer them a bottle with the other hand.
- Propping your feet on a footrest or stool may help make this position easier to do.

## Where can I get more help?

Your baby's feeding therapist can help you and your baby get into this position. The therapist may also be able to suggest other positions to help your baby eat. Please let the therapist know if you have any questions.

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Therapist	Date	Time
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Phone number

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

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