

NNS Quick Reference Guide (for staff)



Has Consent been gained?
 NNS should be discussed with Parents, explaining rationale, pros and cons and what NNS can be offered. Informed consent should be gained and clearly documented in the babies FIC folder.

Is the baby ready for NNS?

- Are they maintaining physiological, motor and state stability at rest, on handling & cares?
- Is their respiratory state stable?
- Are they demonstrating signs of oral reflexes such as rooting/licking/sucking?
- Are they showing interest in oral activities e.g. positive response to the taste of milk, latching to breast?

Are NNS opportunities developmentally appropriate?

- 24-27wks
- Support baby with skin to skin, positive oral experiences & own hand to mouth
 - Suction orally only when clinically necessary
 - Only use a dummy if sucking cues are evident

28-32wks

- Strategies above plus;
- Support non-nutritive sucking, including at empty breast, during N/OGT feeds
- Use a gloved finger or dummy, +/- sucrose or EBM, during painful procedures
- Use dummy help settle stressed/disorganised infants.
- Use dummy to achieve an optimal behavioural state prior to feeding.
- Offer milk tastes from fingertip, dummy or recently expressed breast
- Dip the dummy in baby's milk prior to use to remove taste/smell of sterilising fluid.

28-32wks

28-32wks

Are you using the right dummy?

 NUK premature Soother	Premature babies with a weight less than 1750 grams
 Philips Avent- Wee Soothie	For 'Small gestational infant' or 30-34wks for use in their hospital stay. Infants should transition to the Soothie once they are successfully breast or bottle feeding.
 Philips Avent- NICU Soothie	For infants >34 weeks/ newborn (without teeth) who are successfully bottle or breastfeeding. Babies should be transitioned on to their own dummy prior to discharge from the unit
Parents provide their own	Staff should assess the suitability of the dummy together with the parents. Assess for suitable size and length of teat Large ball-type pacifiers should be discouraged as it encourages little tongue movement

When is the right time to offer NNS opportunities?

The optimum time is when the baby is **AWAKE, ALERT, CALM & RECEPTIVE** to the dummy when offered. Acceptance signs include licking, rooting, opening mouth, no significant change in HR, RR or WoB. Allow the baby to open their mouth wide and extend their tongue by gently stroking around the mouth and on each side of the cheek with the tip of the dummy to replicate pre-feeding behaviour. Do not force the dummy into their mouth

DO NOT use when baby is **ASLEEP** or **UNRECEPTIVE** when the dummy is offered. Signs include grimacing, crying, turning or arching from dummy, blocking with tongue/hands

How are you storing the dummy?

Individual, sterilising pots, labelled with baby's name and date sterilising fluid made up on and kept a babies' bedside. Parents should be encouraged to keep dummy in the sterilising pot and not on baby's mattress when not in use.