

Terminology: Techniques

Techniques

alerting (rousing) techniques: methods for waking an infant

alternate massage: the practice of massaging and compressing breast when the infant pauses during feeding at the breast

biological nurturing: a method of “laid-back breastfeeding” that uses the baby’s natural reflexes in breastfeeding

breast compression: the method of gently squeezing the breast during feeding to increase the flow of the mother’s milk

consoling (calming) techniques: methods for comforting a crying baby

dancer hand position: the method of breast-feeding in which the mother’s hand helps keep the weight of the breast off his chin; the baby may be positioned with the throat and neck higher to allow the baby to feed more slowly

hands on pumping (HOP): the practice of massaging the breasts during and after pumping to increase the amount of milk that is expressed

reverse pressure softening (RPS): the practice of using gentle positive pressure to soften an area of the areola around the base of the nipple

paced feeding: the method of bottle-feeding that slows the flow of fluid into the nipple, allowing the baby to feed more slowly and with breaks

therapeutic breast massage in lactation (TBML): the practice of massaging the breast to remove fluid from breasts that cannot be hand expressed, particularly with engorgement or plugged ducts