# Why is Wee Nuzzle important?

Wee Nuzzle is a Quality Improvement project developed at UCSD to help support our preterm infants and their families.

#### Wee Nuzzle:

- Promotes skin-to-skin and maternal-infant bonding
- Promotes a healthy infant gut microbiome
- Can act as a soothing technique and aids in the overall development of the infant
- May facilitate positive oral experiences, thus reducing the risk for oral aversion and reducing the time from transition between tube to full oral feeds
- It may decrease a late preterm/term infants need for a gastric-tube and may result in earlier time to discharge

## Have questions?

Feel free to ask one of the Wee

Nuzzle team members:

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# Are you ready to Wee Nuzzle?







#### What is Wee Nuzzle?

Wee Nuzzle is a new exciting pathway to help our premature infants prepare for future oral feeds while promoting positive oral experiences, maternal bonding, enhanced immunity, and improved breast milk supply.

#### Wee Nuzzle incorporates:

- Skin to skin
- Oral milk drops
- Non-nutritive breast feeding (NNBF)
   —which is putting your baby to your breast / chest after pumping

### Can my infant try NNBF?

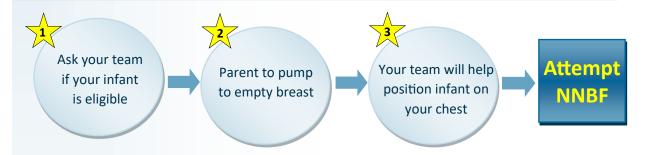
Your infant may be put to a dry breast if they are 30 weeks (corrected gestational age) or older and you would like to.

However, your infant may **not** be eligible to attempt NNBF if they:

- have been intubated recently
- have an umbilical arterial line in place
- have a condition that may impact oral feeding
- are eligible to do nutritive breast feeding

\*\*Please ask your team if your infant is eligible\*\*

#### Follow the steps below to try NNBF (Wee Nuzzle)



\* If your infant shows signs of not tolerating the activity or being held, we will ask you to stop and try again another day

Look for our *Family Bonding Developmental Pathway* posted in your room for additional ideas on bonding activities with your infant

