

Appendix A

Infant-Driven Feeding Scales

(Ludwig & Waitzman, 2007)

A. Feeding Readiness Scale

- 1** – Drowsy, alert, fussy before care
Rooting and/or bringing of hands to mouth/taking of pacifier
Good tone (presupposes autonomic stability)
- 2** – Drowsy or alert once handled
Some rooting or taking of pacifier
Adequate tone
- 3** – Briefly alert with care
No hunger behaviors
No change in tone
- 4** – Sleeps throughout care
No hunger cues
No change in tone
- 5** – Needs increased oxygen with care
Apnea and/or bradycardia with care
Tachypnea greater than baseline with care

B. Quality of Nippling Scale

- 1** – Nipples with a strong coordinated suck throughout feed
- 2** – Nipples with a strong coordinated suck initially but fatigues with progression
- 3** – Nipples with consistent suck but has difficulty coordinating swallow, some loss of liquid or difficulty pacing
Benefits from external pacing
- 4** – Nipples with a weak/inconsistent suck, little to no rhythm, may require some rest breaks
- 5** – Unable to coordinate suck-swallow-breathe pattern despite pacing, may result in frequent or significant A/Bs or large amounts of liquid loss and/or tachypnea significantly greater than baseline with feeding

C. Caregiver Technique Scale

- A** – External pacing
- B** – Modified sidelying
- C** – Chin support
- D** – Cheek support
- E** – Oral stimulation