

早產嬰幼兒 - 口肌及餵食的發展

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講座內容

口肌及餵食的發展階段 – 早產嬰幼兒有不同的發展進程



常見問題 – 於不同發展階段可能出現不同程度的口肌及餵食問題



建議策略 – 幫助健康狀態穩定的早產嬰幼兒改善口肌及餵食技巧



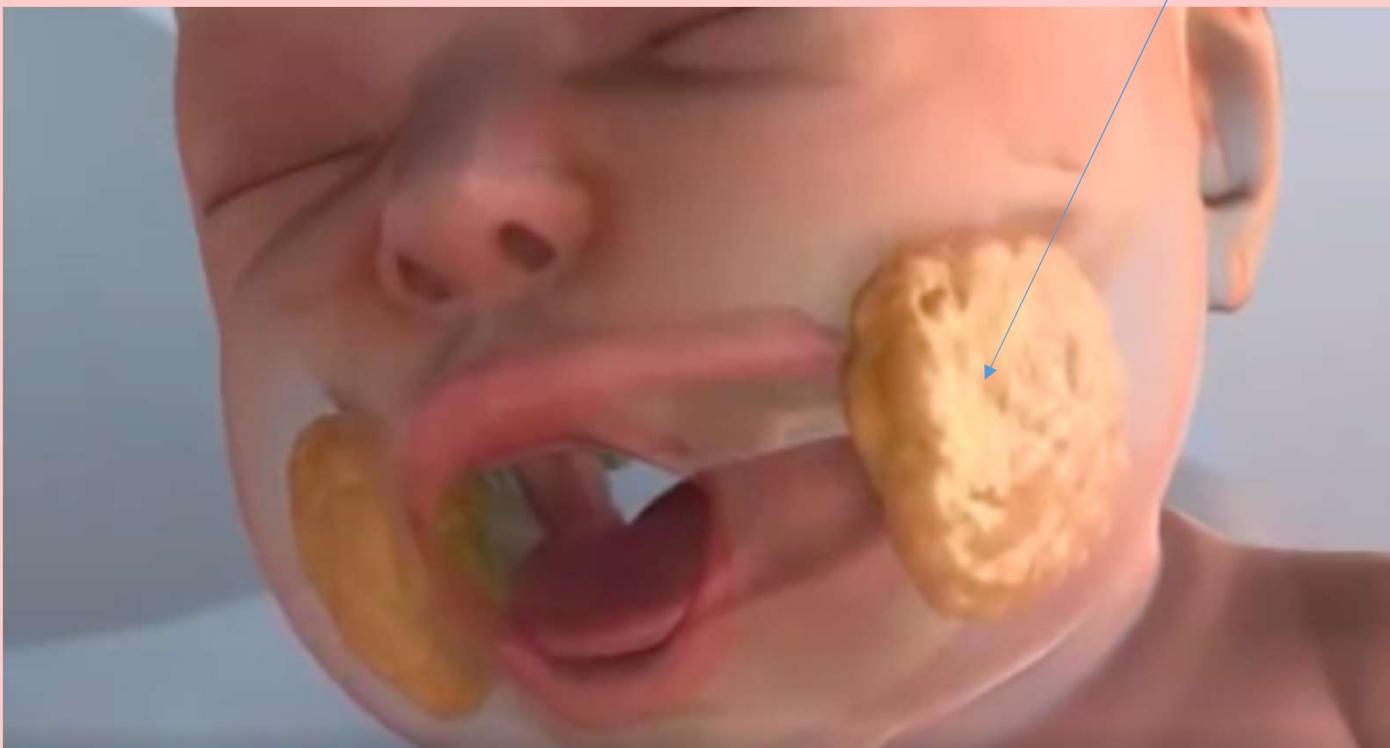
發展階段: 0個月起

測試吸啜反射



口肌: 下顎、唇部、舌頭

脂肪

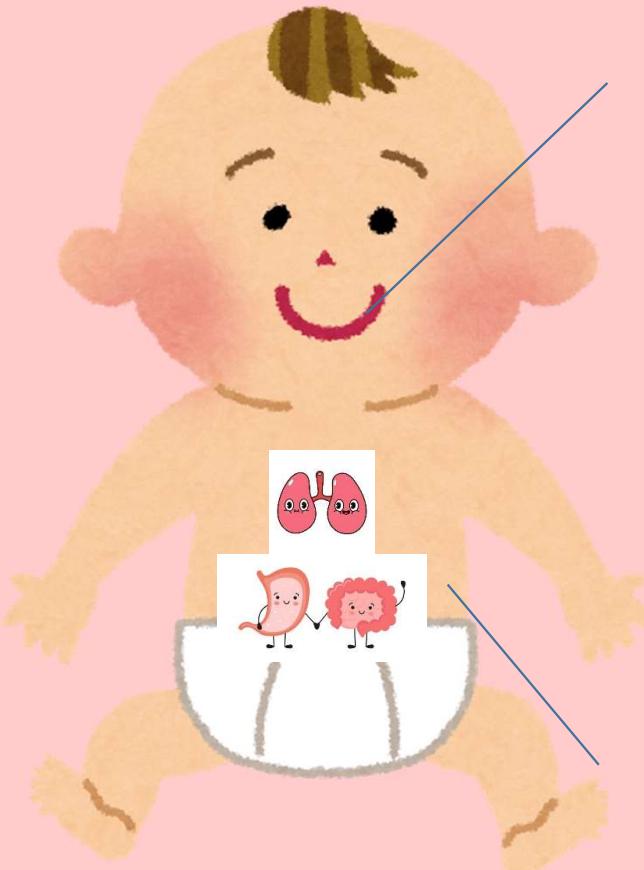


<https://www.medicaldaily.com/baby-breastfeeding-breastfed-chubby-cheeks-382981>

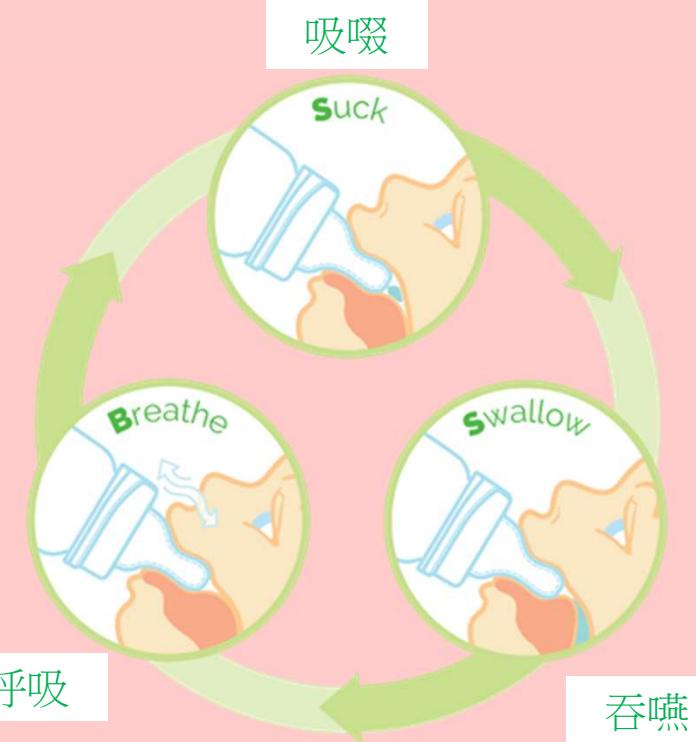
吞嚥評估



發展階段: 0個月起



- 吸啜力度↓
- 合唇的力度↓
- 下顎的穩定性↓
- 飢餓感↓
- 身體軀幹的穩定性↓



Source: <https://www.claytoncompounding.com.au/sepal-baby-bottles.html>



參考: Nobody Ever Told Me (or my Mother) That!: Everything from Bottles and Breathing to Healthy Speech Development (by [Diane Bahr](#))

吸啜-吞嚥-呼吸 協調較弱



Source: <https://www.claytoncompounding.com.au/sepal-baby-bottles.html>

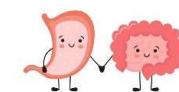
可能導致的問題:

容易効↑

餵哺時間↑

容易嗆咳↑

容易嘔奶↑



吸啜時漏奶↑



體重增加↓



發展階段: 0個月起

提供更多吸啜的機會:

1. 調節覺醒狀態及情緒
2. 為用口進食建立基礎



圖片來源:Wee Thumbie Preemie pacifier



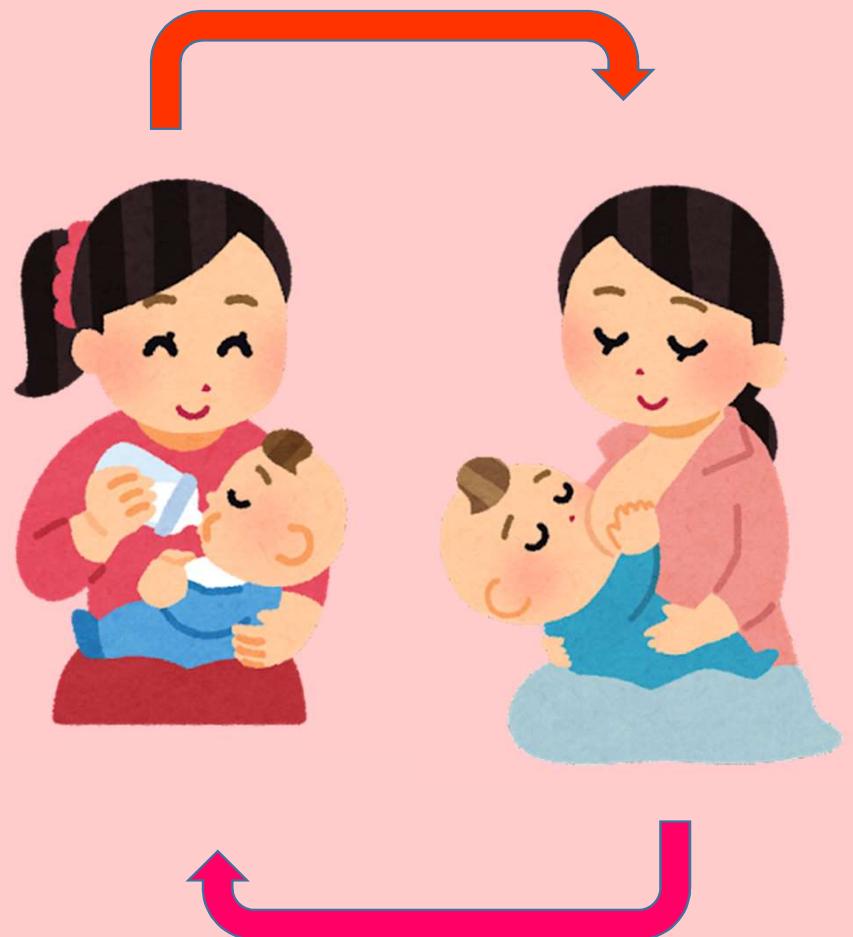
圖片來源: Guideline Non-Nutritive Sucking Guideline – Final June '19 – V4 TV & W Governance group ratified: 04.12.2019
Neonatal Website: <https://southodns.nhs.uk/our-networks/neonatal>

母乳餵哺及瓶餵



圖片來源: <https://www.childrens.com/health-wellness/tips-for-feeding-premature-babies>

留意嬰兒的頭頸及背部
是否得到支撐



讓嬰兒正確含乳



Not a good latch: Averted gaze (no eye contact), top lip rolled in, leaking at corners, latched more toward the tip.

圖片來源: <https://theleakyboob.com/2017/02/picking-bottle-nipples-for-the-breastfed-baby/>

建立手 - 口聯繫

發展階段：3個月起



口腔期：增加探索經驗



圖片來源: <https://www.cdc.gov/nutrition/infantandtoddlernutrition/mealtime/signs-your-child-is-hungry-or-full.html>



平伏心情



由口腔前部吸啜 → 到口腔後部咬合/咀嚼



口肌及語音發展1

鼓勵嬰兒探索口腔及發出更多玩聲

咑咑聲

呵
咑

呀
0架

開始牙牙學語

嘛

八

噠

重複地牙牙學語

嘛嘛嘛

八八八

噠噠噠

2 - 4個月

4 - 6 個月

6 - 8 個月



Tri-chews



Chewy tubes

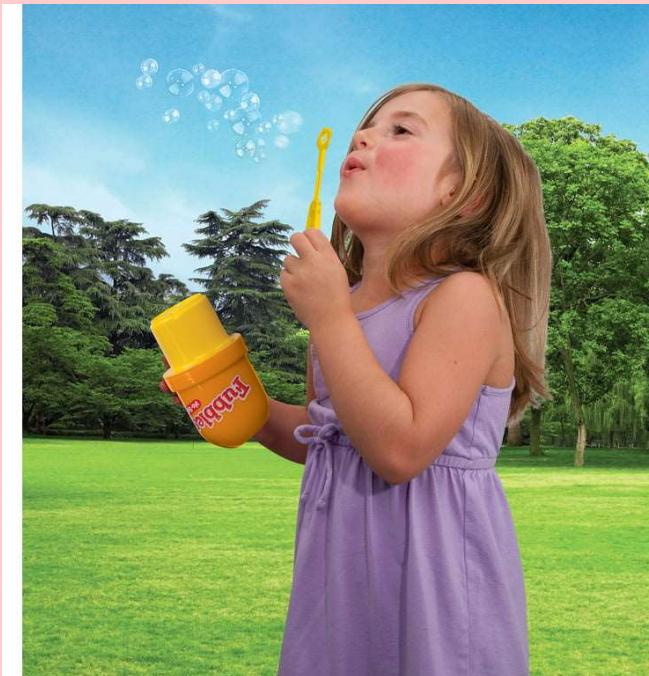


Grabbers

圖片來源: Amazon.com

發展階段: 9個月起

吹氣遊戲





圖片來源: Talktools

(需諮詢言語治療師)

口肌及語音發展2

有變化的語音

嘩嘛嘛嘩

八嘩八〇架

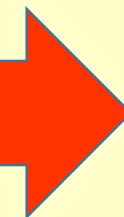
近似成人說話
語調的語音

第一個單字

8-10個

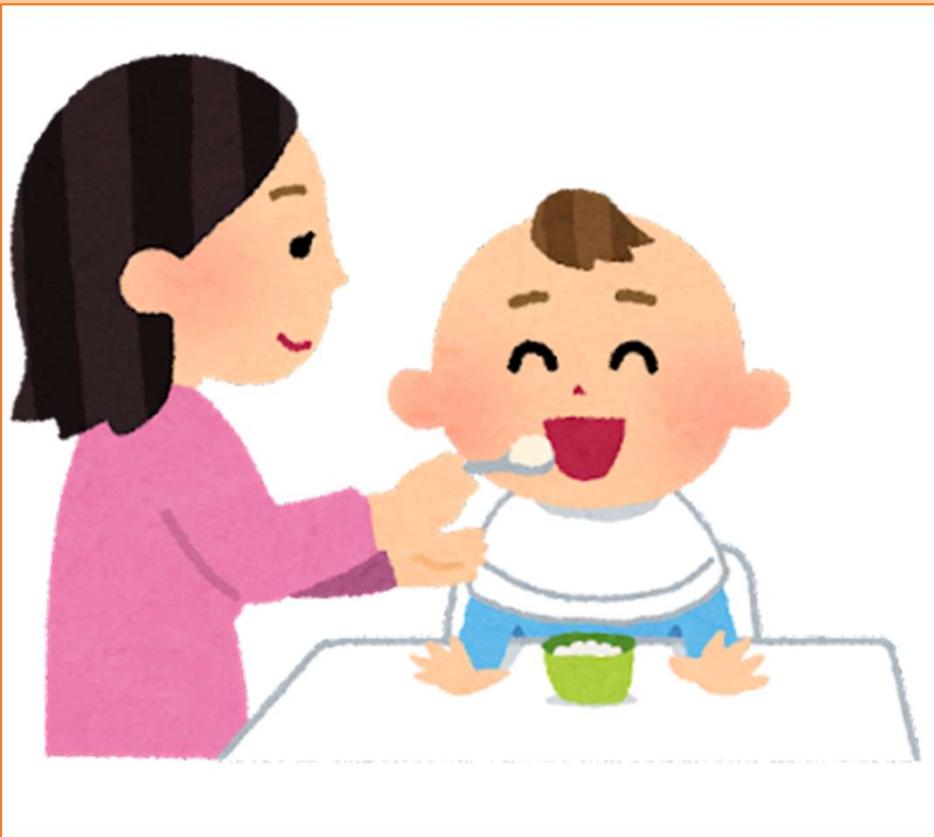
10 – 12個月

12個月起



進食固體食物的起步期

發展階段: 6個月起



留意良好坐姿及眼神接觸

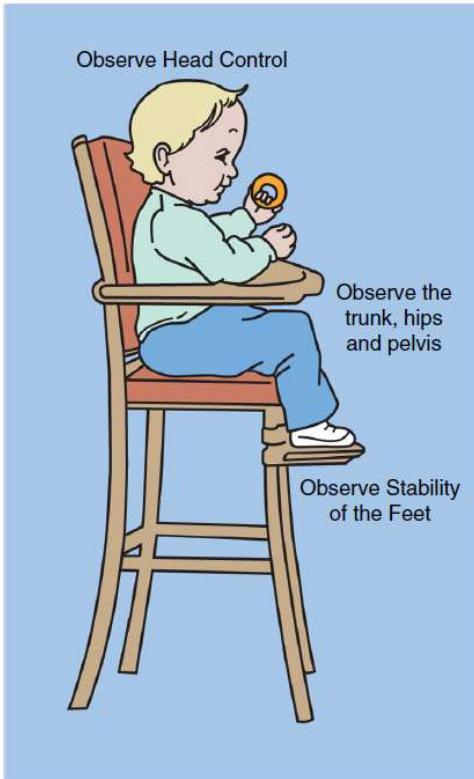


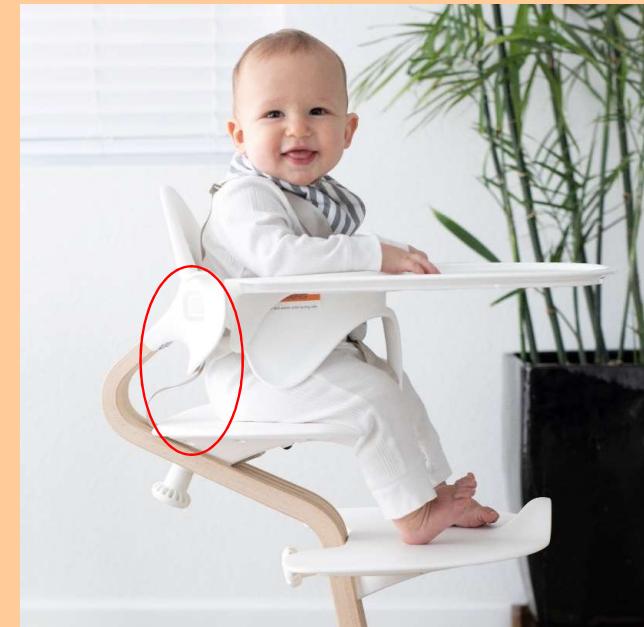
FIGURE 12-3 Good feeding position for a child ages 6 to 24 months, showing hip flexion, trunk in midline, and head in midline. Good foot support with a stool should continue throughout childhood. (From Mahan LK, Raymond J, Escott-Stump S: Krauses's Food & Nutrition Therapy, ed. 12, Saunders, St. Louis, 2008).



與餵食者眼神接觸
(留意餵食者的高度)

嬰兒吞嚥時向上望/
頭部仰後 會增加
「落錯格」風險





留意坐姿，
給予支撐

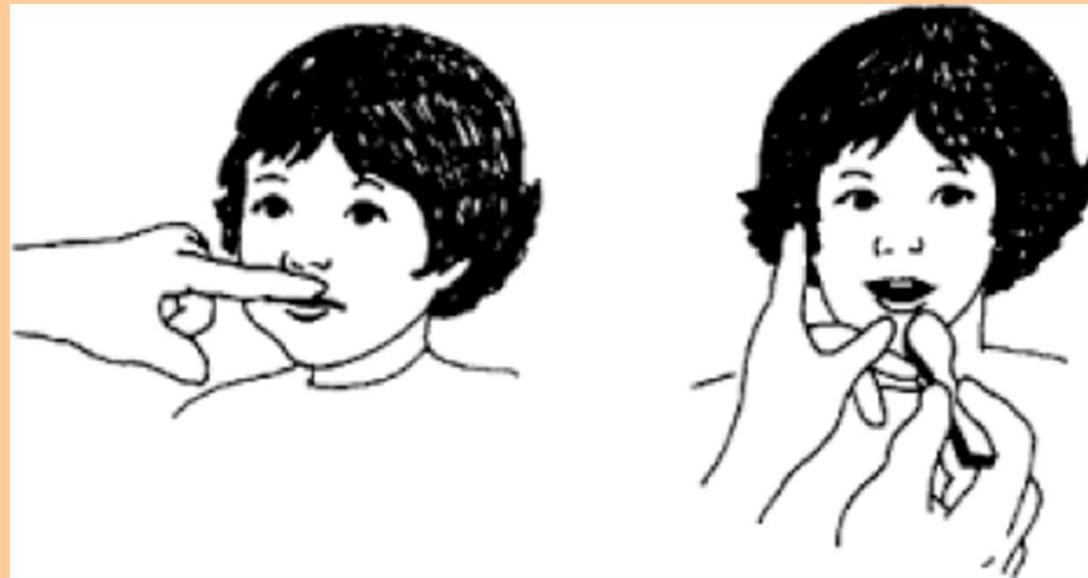


下顎支撐



Photo 6.2: Anthony receives jaw support while learning to spoon-feed at 6 months.

圖片來源: Nobody Ever Told Me (or my Mother) That!: Everything from Bottles and Breathing to Healthy Speech Development



圖片來源: https://www.physio-pedia.com/Feeding_the_Child_with_Cerebral_Palsy

(需諮詢言語治療師)

留意匙羹放入嬰兒口腔的角度



圖片來源: <https://medium.com/@MyBaba/6-spoon-feeding-techniques-to-create-lifelong-healthy-eating-habits-889dc913f23c>

選擇匙羹時，留意軟硬、
型狀、深淺、清潔方法等



圖片來源: Talktools



圖片來源: Maroon Spoons

讓嬰兒嘗試自行進食



圖片來源: num num spoon



圖片來源: Haakaa Fresh Food Feeder and Teether



圖片來源: <https://www.justjessieb.com/2019/12/baby-led-weaning/>

協助嬰兒用開口杯逐口進飲



留意大小、
杯邊型狀、
清潔方法



圖片來源: <https://www.strong4life.com/en/feeding-and-nutrition/drinks/introducing-your-baby-to-a-cup>

(需諮詢言語治療師)



存在爭議



圖片來源: Talktools

協助嬰兒用飲管逐口進飲

☞ 家長先練習「按鍵」的技巧控制出水量



留意飲管擺放位置、飲料的浓度、及味道

(需諮詢言語治療師)



圖片來源: Talktools

提供學習更高層次的咀嚼技巧的機會

發展階段：8個月起



stage one



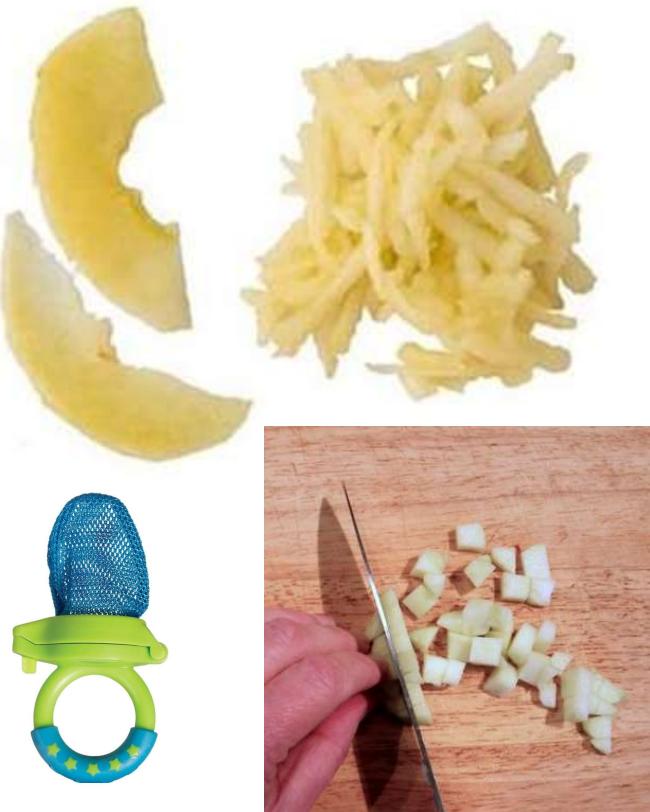
stage two



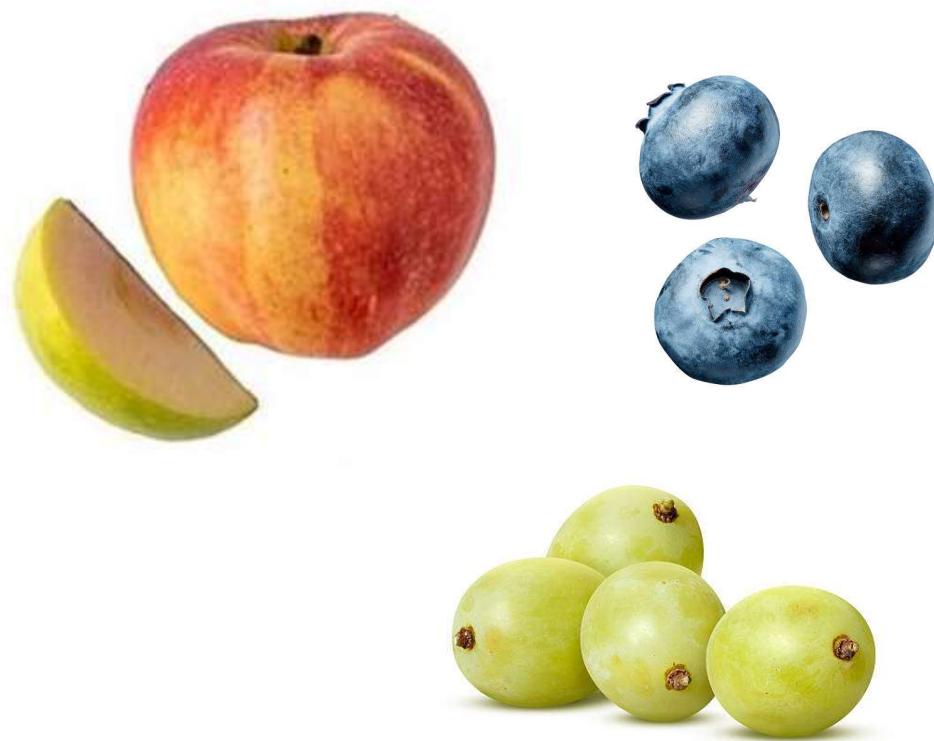
stage three

漸進式的食物處理階段

比較安全



有哽塞危機



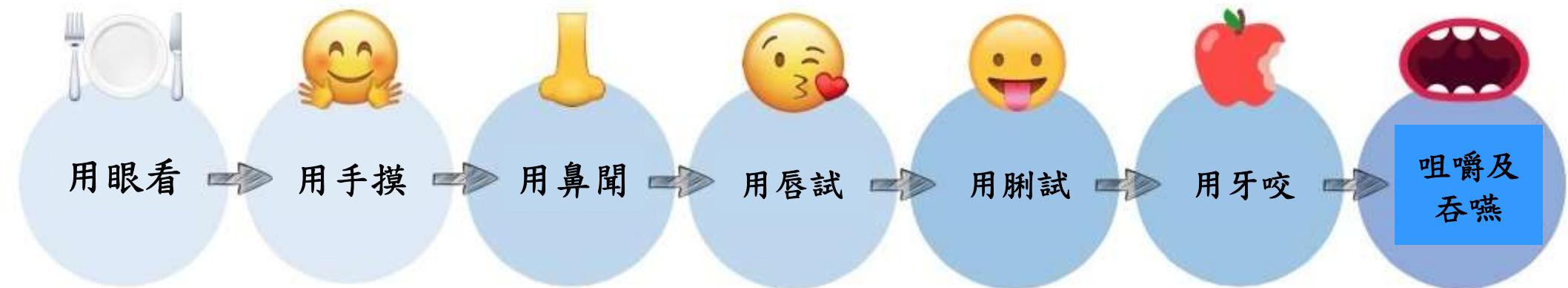
留意嬰兒牙齒數量
及位置、口腔大小
及食物的體積



留意嬰兒身體軀幹
的穩定性的發展

發展階段：9個月起

逐步逐次引進更多不同的食物



嘗試更高層次進食技巧

發展階段: 12個月起

運用母指及食指撿起食物



自行將食物放進口腔

嘗試更高層次進食技巧



How to Cut Chicken for Babies

@solidstarts



圖片來源: <https://solidstarts.com/foods/chicken/>

嘗試運用不同餐具

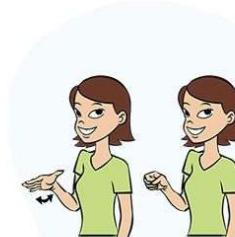


慢慢改變食物大小、型狀

口肌及語音發展3

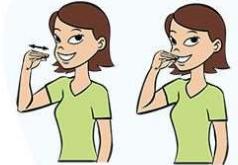
鼓勵嬰兒運用溝通手勢及發出更多語音

milk



 Baby Sign Language.com

eat



 Baby Sign Language.com

圖片來源: <https://babysignlanguage.com/>





thank you