



USING AN SNS

SUPPLEMENTAL NURSING SYSTEM

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Supplemental Nursing System (SNS) is a general term used to describe a way of providing *supplemental* milk to a baby while they are latched to their parent's body. Milk is given using a small tube attached to the chest and it extends 1/4" past the nipple tip.

For you, think of it like a little helper that gives your baby more fuel while they're still enjoying that special skin-to-skin time with you. As your baby suckles, they can stimulate your body to make more milk and practice their feeding skills while also getting extra fuel from the tube. This can be a big help for your baby to stay latched for longer periods.

MILK

For an SNS, you can use
Your own expressed milk
Milk from a donor
Formula*

*In the SNS, avoid using powdered formula. It's best not to use the powder kind because the tiny bits can stick to the tube and make it clog, which can slow down or even stop the milk from flowing. That is why it is recommended to use either ready-to-feed formula or make a feed using liquid concentrate. Just make sure to follow the rules for keeping milk safe.



JUST ONE TOOL IN YOUR TOOLBOX

You get to decide if you want to use an SNS and for how long. This is just one tool in your parenting toolbox. You might use it for some feeds but not all. It's all about what feels right for you and your baby. It should help you enjoy time with your baby latching to your body.

WITH OR WITHOUT EXTRA FLOW?

That depends on your baby's skills and strength with direct latching, not your milk supply. If your baby is strong enough to latch to your body but they still need a little help, you can add more flow to the tube. There are two ways to do this. Either way, you will need to keep an eye on your baby to make sure they're still nursing properly and that the milk is coming out at a good pace for them.

- If you need to have a lot of control over the flow and want to use just a little at a time, you can use an oral syringe at the start of the tube to *gently* add more flow.
- If they need more milk than that, then you can put the start of the tube/milk container up high, (around your shoulder height). Then, gravity will help them pull milk down.



CLEANING After you've fed, it's best to clean the tube right away.

1. **Flush with soapy water:** Grab an oral syringe and fill it with warm, soapy water. Squirt this through the tube 3 times.
 2. **Rinse:** Fill the syringe with warm or cold water (not hot, because that can make milk stick to the tube). Squirt this through the tube 3 times again, to wash away all the soap. If you can't clean the tube right after a feed, soak the tube in warm water for 5-10 minutes. Just make sure the water isn't too hot.
- Consult the manufacturer to see how often you should replace tubing.