

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# Chin Tuck for Bottle Drinking

**How can you help your child suck stronger and better?**

To help a child suck and swallow, keep his or her chin tucked while drinking.

**What is the chin tuck position?**

In this position, the baby keeps the chin tucked in slightly while drinking from a bottle. The chin is not too far down and not too far back.



**The baby keeps the chin tucked in slightly while drinking from a bottle.**

**Why should children drink this way?**

Sucking and swallowing may seem easy to us, but it can be hard for babies to learn to do right. The chin tuck position helps the head, neck, jaw, cheek and tongue muscles work together. This is the best way to help most babies learn to suck and swallow.



**To help a child suck and swallow, keep his or her chin tucked while drinking.**

Try it yourself. Tilt your head too far back. Try to swallow. It's not easy, is it? Now tilt your head forward, on to your chest. Try to swallow. See? Tilting too far back and too far forward makes it hard to swallow. If you tried to drink this way you may choke, get tired or give up. Now, tuck in your chin a little and try to swallow. This is much easier.

## How can I help my child use the chin tuck position?

Sometimes, when snuggling, the baby's head may rest over your arm. This could push your baby's chin too far back. Instead, rest the middle of the back of your baby's head on your arm. This tucks in the chin.



**Rest the middle  
of the back of  
your baby's head  
on your arm.**

Another way to help the chin stay tucked is to use an **angled bottle**. This bottle keeps the formula in the nipple. You don't have to tip the bottle back when you get near the end of the feeding. If you don't have to tip the bottle back, it may be easier to keep your baby's chin tucked.

You can buy angled bottles in most baby stores or the feeding supply section of department stores.

## Now that you've read this:

Show your nurse or doctor how you will feed your baby, using the chin tuck.  
(Check when done)



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-546-1400  
[www.phoenixchildrenshospital.com](http://www.phoenixchildrenshospital.com)

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• Illustrated by Dennis Swain