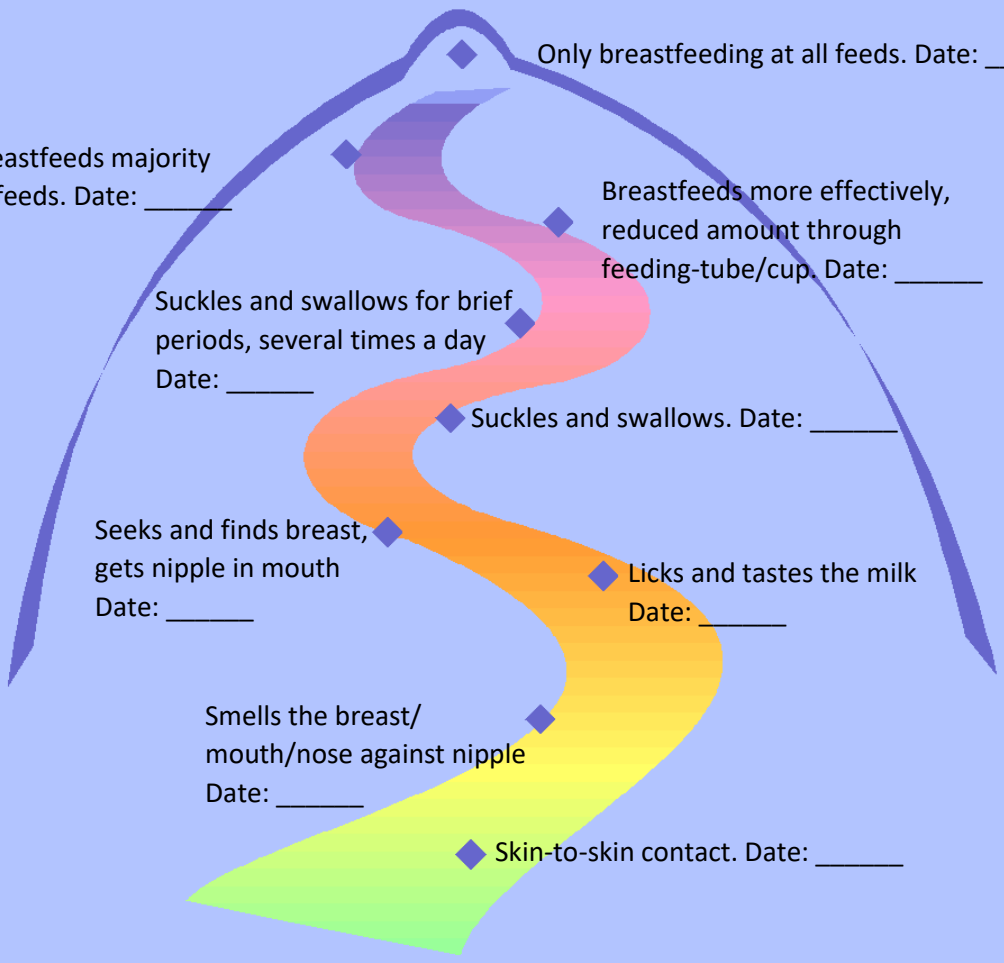
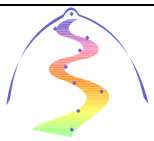
Date of birth: _____
GA: _____
First breastmilk expression:
Date: _____ time. _____

The Milky Way



Knowledge center for breastfeeding infants with special needs, Rigshospitalet Denmark, version2025

The 9 instinctive stages skin-to-skin combined with the Milky Way		After Widström og Brimdyr. Combined with the Milky Way by the Expert group in breastfeeding infants with special needs. 2023

Stages	**Signs**	**The Milky Way**
Birth cry	(Only at birth)	
Relaxation	Stillness	Skin-to-skin
Awakening	Small thrusts of head (side to side, up and down) Small movements of limbs and shoulders, hands and fingers Mouth activity May open eyes	Skin-to-skin
Activity	Moves limbs Moves head Determined movements Pushes without moving/rocking Roots Hand breast mouth movement Active hand movements around mouth Massages the breast	Smells the breast (mouth/nose against nipple)
Crawling	Pushes, slides, leaps, moves which result in shifting body to the breast and nipple	
Rest	Pauses within a stage or between stages	
Familiarization	At the mother's breast/nipple area Makes soliciting sounds Moves hand to mouth to breast Put thumb/fingers in mouth Touches tongue to nipple Massages the breast Roots on breast Mouths breast Licks nipple Tongues hand Repeatedly licks nipple/suck attempts	Licks and tastes the milk and Seeks and finds breast, gets nipple in mouth
Suckling	Self-attaches and suckles	Suckles and swallows
Sleep	Falls asleep	
		Suckles and swallows for brief periods, several times a day
		Breastfeeds more effectively, reduced amount through feeding-tube/cup
		Breastfeeds majority of feeds
		Only breastfeeding at all feeds