

BREASTFEEDING POSITIONS

It takes practice to know which breastfeeding position will work best for you and your baby. Here are a few different positions to try to see which one feels best.



Having a good latch and position is important for:

- Helping your baby get enough milk
- Making enough milk for your baby
- Preventing nipple pain and damage

LEANING BACK

Lying belly-to-belly with baby will help your baby initiate their first feed. This is one of the most natural ways you can begin breastfeeding.



CRADLE HOLD

Find a comfortable chair to sit on. Place a pillow on your lap to support your arm. Have your baby face you, tummy-to-tummy. Support baby's head in the bend of your elbow and allow your arm to wrap around and support baby's bottom.

CROSS-CRADLE HOLD

Many moms find this helpful in the beginning when their baby has trouble latching on. Place a pillow on your lap at breast level. Hold the baby's body with the arm opposite of the breast your baby is going onto. Support the baby's head and neck with your hand. Bring your baby across the body to the opposite breast.



FOOTBALL HOLD

Place a pillow on the side of the breast you'll be feeding from. Support your baby's head and neck with your hand while you tuck baby's legs and body under your arm. Use your forearm to support baby's back. Use your free hand to lift and support your breast.

SIDE LYING

Once you feel comfortable breastfeeding baby, you may want to try this restful position. While lying on your side, place one pillow under your head for support and another behind your back. It's also helpful to place a pillow between your knees. Cuddle your baby, tummy-to-tummy, next to you. Use your free hand to guide and support your baby onto your breast.



Positioning Tips:

- Place your baby skin-to-skin with you.
- Hold your baby very close touching your body.
- Always support baby's entire back and neck.
- Avoid pushing on the back of the head.
- Support baby in a position that will keep the ear, shoulder and hips in a straight line.
- When baby's mouth opens wide, quickly bring baby onto your breast to latch.