Breastfeeding positions



Cradle hold



Laid back breastfeeding



Koala or upright hold



Cross-over or cross-cradle hold



Side lying or reclining position



The clutch or football hold

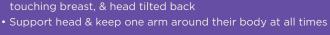


Most families Latch recognition

- Lie infant across lap, facing mother
- Place baby's head on mother's forearm nose to nipple • Mother's hand supports the length of baby's body
- Baby's ear, shoulder & hip are in a straight line



 Sit baby upright with their legs straddling mother's legs • Ensure baby's head is in line with breast, nose to nipple, chin





Larger breasts Night time feeds Caesarean section Mother lies on her side, pillow supporting her head

Baby placed on their side facing mother

 Mother & baby face each other belly to belly, baby's mouth lined up to nipple

Mother slightly reclined & lay pillow or cushion on mother's lap

Lansinoh.



Caesarean section Smaller breasts Sleepy babies Forceful let-down

• Mother propped up into semi-reclining position with pillows

• Place baby on their front, belly to belly

• Baby's cheek is near to breast, let baby "root" for breast



Smaller babies Latch recognition Twins

Place baby on pillow/cushion to raise them to nipple level

• Hold baby's body with opposite arm to breast

Rotate baby's tummy towards mother's tummy



- Sit with a cushion or pillow along mother's side
- Position baby at mother's side, under arm, hip to hip
- Ensure baby's nose is level with nipple • Support baby's neck with palm of mother's hand