

# Individual Breastfeeding Instructions

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## Set up pillows

Place the Back Support Pillow behind your back and fasten buckles to one Nursing Pillow. Secure straps in belt loops and tighten around your waist.

*Expert tip: To quickly and easily fasten the buckles, position the two-way adjustable buckles at the front of the Nursing Pillow.*

## Select a breastfeeding position

Below are three suggested positions that are great for new moms and newborns.



### Option 1: Single Cradle Hold

For the right breast, cradle your baby with your right arm in front of you and resting on top of the pillow. Turn your baby's tummy toward your tummy. Use your left hand to assist your baby in latching. Reverse for the left side.

### Option 2: Single Cross-Cradle Hold

For the right breast, cradle your baby with your left arm in front of you and resting on top of the pillow. Turn your baby's tummy toward your tummy. Use your right hand to assist your baby in latching. Reverse for the left side.

### Option 3: Single Clutch Hold

For the right breast, lay your baby at your right side on the pillow. Turn your baby's tummy toward you. Hold the base of your baby's head gently with your right hand to guide your baby to latch. Reverse for the left side.

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## Sync or Stagger Feeds?

**Stagger:** In the early days of breastfeeding twins, consider nursing your babies individually while you learn about latching, positioning and each babies' unique nursing habits.

**Sync:** Once you and your babies have the hang of latching, tandem breastfeeding can be a huge time saver and conserves your energy!