

Breastfeeding

Positions for Breastfeeding

Important:

- There is no “right” or “wrong” way to breastfeed your baby; if the baby is drinking milk and thriving and the mother is comfortable, it is working for you!
- When learning to breastfeed or when difficulties arise, these positions may be helpful

Cross Cradle Hold



General principles:

- There is no “right” or “wrong” way to breastfeed your baby; if the baby is drinking milk and thriving and the mother is comfortable, it is working for you!
- When learning to breastfeed or when difficulties arise, the following positions may be helpful.
- Some positions will work better than others depending on the age of your baby, your arm length, breast size, etc.

Cross Cradle Hold

- This position works well for babies learning to breastfeed, babies with latching difficulties, small or premature babies, babies with low muscle tone, babies with a weak suck or rooting reflex.
- This position allows the mother to have maximum control of the baby’s head and shoulders while latching.
- The mother sits upright, with her back and arms well supported with pillows. Feet should be flat on the floor or elevated on a low stool.
- The mother lays the baby on a firm pillow(s) on her lap. The baby is turned completely on his/her side so that the baby’s face, chest and knees are all facing the mother. The baby’s chest is touching the mother’s chest.
- The mother supports the base of the baby’s head and neck with the hand opposite of the breast to be nursed. The mother’s palm is placed on the baby’s upper back with her thumb behind one ear and the index finger and other fingers supporting the cheek next to the lower ear.
- The mother supports the breast to be nursed on in a “U” hold using the hand on the same side e.g. left hand supports the left breast.
- Position the baby’s nose at the level of the nipple to encourage the baby to tilt his/her head slightly back (“sniffing” position).
- The mother brings baby to her instead of putting

her breast in the baby's mouth.

- Use the palm of the hand to push baby onto the breast, leading with the chin.

Football “Clutch” Hold

- This position works well for babies learning to breastfeed, babies who have difficulty latching or staying latched, small or premature babies, babies with a low muscle tone, babies with a weak suck or rooting reflex, mothers with large breasts, mothers who had a cesareran birth.
- This position allows the mother to have maximum control of the baby's head and shoulders while latching.
- The mother sits upright with pillows to support her arms and back. Her feet should rest on a foot stool.
- The baby is positioned on a firm pillow beside the mother. The baby faces the mother while his/her body is tucked under her arm along her side. The baby's buttocks rest on the pillow and his/her upper back rests along mother's forearm.
- The mother gives support to the baby's head and neck with her hand on the same side as the breast to be nursed on; the forearm supports the baby's upper back.
- The mother supports the breast to be nursed on in a “C” hold using the opposite hand (right hand supports the left breast).
- The baby's body should be positioned far enough back so that the breast is directly in front of his/her mouth, with the mother's nipple pointed to the baby's nose; in this situation, the baby doesn't have to dip his/her chin to latch on.
- The football hold gives better visibility and control over the baby's head and may be preferred in certain special situations. Modified versions of the football hold may make breastfeeding easier for babies with a cleft lip and/or palate.

Football Hold



Side lying Position



Side lying Position:

- This position works well for the mother who finds it too painful to sit, for the mother to rest when breastfeeding, for the mother who had a caesarean birth and for the mother with large breasts.
- The mother lies on her side with a pillow under her head and pillows behind her back so that she can lean into them for support. A pillow placed between the legs can provide extra support especially for mother who has had a cesarean birth.
- The baby is positioned on the bed lying on her side facing the mother. A pillow may be propped behind the baby to help her stay in a side-lying position.
- The mother tucks the baby into her using the arm on the same side as the breast she is nursing from (right arm when nursing on the right side). Once breastfeeding is well established and the baby is able to maintain a latch, the mother may remove her arm from the baby and place it under her own head for comfort.
- To offer the second breast, hold the baby to mother's chest as she rolls over to the other side.

Cradle Hold



Cradle Hold Position

- This position works well for older babies who have learned how to latch and maintain a latch and for women when they are breastfeeding in public.
- The mother, if she wishes, can use a pillow behind her back or on her lap to support herself or the baby.
- The baby's head rests on the mother's forearm with the tip of his/her head in the crook of her elbow.
- His/her body is positioned along her arm so that his/her head is tilted slightly back, allowing the baby to latch chin first.
- His/her ear, shoulder and hip should be in a straight line.