

Position and latch

Finding your fit

Practice makes perfect!
Find the positions that work for you.
A good latch helps prevent nipple pain
and helps your baby remove milk.
Be sure you're comfortable.



Getting started: Leaning Back

Laying belly-to-belly with your baby is the most natural thing to do immediately after birth. When your baby shows signs of trying to find the breast, support this search. They will nuzzle up and attach to the breast.

Breastfeeding while leaning back comfortably goes along with your baby's natural instincts.



Leaning Back

Other positions



Cross-Cradle Hold



Football Hold



Cradle Hold*
(commonly used
after the first few weeks)

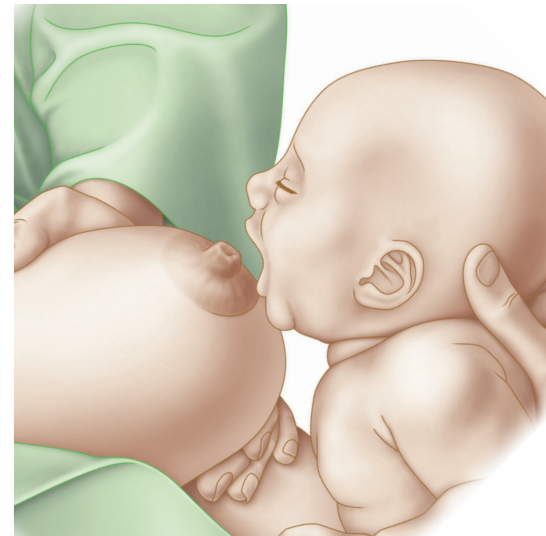


Side-Lying

Helpful tips

Tips for latching your baby in any position

- Support baby's neck
- Avoid holding the back of the head - allow movement as needed
- Baby's ear, shoulder, and hips should be in a straight line
- When your baby opens wide, help them onto your nipple
- Lean back and relax if you are hunched over
- Baby's chin should hit breast first
- Make sure the nipple is deep in your baby's mouth
- Baby's nose may touch the breast during a deep latch



Tips for getting off to a great start

- Breastfeed as soon as possible after birth
- Nurse often - as often as you see signs of hunger (this should be at **least** 8 times in 24 hours)
- Avoid giving pacifiers or bottles until breastfeeding is going well
- Ask for support from your nurse or a lactation consultant
- Watch your baby - not the clock - to know when to feed
- Massaging and gently compressing all over the breast while feeding helps the milk to flow and keeps the baby feeding



Learn hand expression - ask for help

- Hand expression is a technique to express milk from your breasts to feed to your baby or store for later
- The amount will be just drops in the beginning and increase as you have more milk supply
- You can also express a drop onto your nipple for your baby to smell and taste before feeding
- Hand expression can increase your milk supply and encourage your mature milk to come in faster

Online hand expression resources may be helpful:

<http://bit.ly/ExpressionVideo>

<http://bit.ly/ExpressionVideo2>

