

Breastfeeding Positions

CRADLE

Cradle your baby in your arms. Your baby should be across your body, facing you at nipple level. Your baby's head will rest on your forearm, with your baby's back and bottom along your inner arm and palm. Turn your baby's tummy toward your tummy. You can use your free hand to support your breast, if needed.



CROSS-CRADLE

Gently place your hand behind your baby's ears and neck. Turn your baby's body toward yours so that your tummies are touching and that your baby's nose is in line with your nipple. Compress your breast with your other hand by using a "C" hold. As your baby's mouth opens, help latch them onto the breast by pulling them closer to you.



FOOTBALL

Use a pillow to help support your baby's weight. Gently support your baby's head by placing your hand behind their ears and neck and bring them to your breast. Tuck their legs under your arm. This hold may be helpful if you've had a C-section because the weight of the baby is not on the abdomen.



LAID-BACK OR STRADDLE

Find what feels comfortable. You can be relatively straight, reclined back, or layed almost flat. Make sure your baby's body, especially baby's head and shoulders, is fully supported. Place your baby's cheek near your breast. Some moms find it helpful to use one hand to position their breast near their baby. Your baby will naturally find your nipple, latch, and begin to suckle.



SIDE-LYING

Lie on your side facing your baby. Your baby's chest should face your chest, and your baby's mouth should be level with your nipple. Pull your baby close. In this position, you can cradle your baby's back with your forearm. Support yourself with pillows behind your back. Be careful not to surround your baby with loose clothing or bedding.



Latching Tips

- Create a calm environment where you and your baby won't be disturbed.
- Get comfortable! Find the position that feels best to you. As long as the position is comfortable, the latch is not causing you pain, and your baby is transferring milk, then it's a good position and latch!
- Use pillows to help support your arms and your baby's weight.
- Protect your back and shoulders. Avoid leaning down to your baby. Instead, bring your baby to you. Reclined or laid-back breastfeeding can also be comfortable.
- Massage your breasts before or during breastfeeding. This can help soften your breasts and encourage your baby to suck more actively.
- Ensure that your baby is tummy-to-tummy with you and their ears, shoulders, and hips are in a straight line.
- Hand express some milk before latching your baby so they can smell and taste your milk right away.
- Point your nipple at your baby's nose. Angle your nipple so it comes into contact with the roof of your baby's mouth.
- Use your own breast milk or extra virgin olive oil to lubricate and moisturize your nipples between feeds. This can also help with soreness and nipple damage.
- Allow your nipples to breathe during the day. Go braless or even shirtless at home!
- Remember, breastfeeding is a skill that takes practice and patience. You and your baby are a team and you're learning how to breastfeed together.
- Be kind to yourself. Allow yourself to rest when your baby is resting. Ensure you're staying hydrated, eating healthy foods, and being mindful of your mental health.

REACH OUT IF YOU NEED SUPPORT



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