



# BREASTFEEDING POSITIONS



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## 1. CRADLE HOLD:

- While nursing, the mother supports the baby with the same side arm.
- The baby is belly to belly with the mother, and their chin rests against the breast.
- This position may require some head control from the baby, and it becomes easier as the baby learns to latch and develops better head control.



For more info, reach out to [www.thefirstparents.com](http://www.thefirstparents.com)

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## 2. CROSS CRADLE HOLD:

- The mother holds the baby in the arm opposite the breast they will be nursing on.
- The baby rests on the inside of the mother's forearm, with their head supported at the base of the skull.
- The baby is belly to belly with the mother, and their chin touches the breast, allowing their nose to breathe freely.
- This hold provides the mother with better control over the baby's positioning for a good latch.



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### 3. FOOTBALL HOLD:

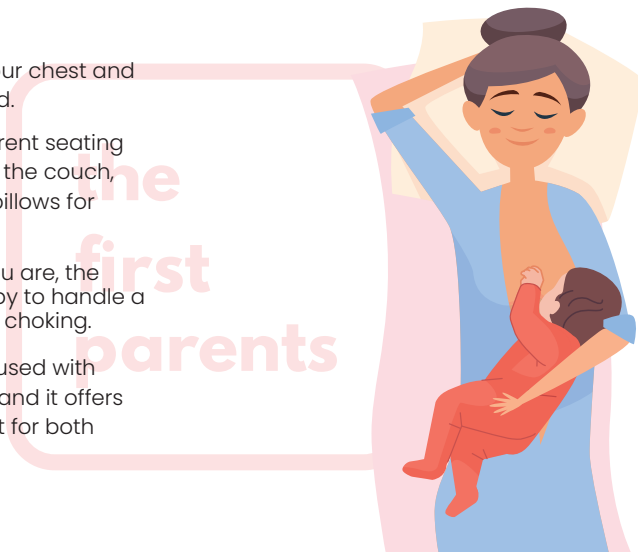
- The baby nurses while being held by the mother on the same side.
- The baby is nestled against the mother's side and supported by or on her bowed arm.
- The baby's head is resting in the webbing of the mother's hand, supporting the head at the base of the skull.
- The baby faces the mother's breasts, and their feet face the mother's back.
- This position is beneficial for mothers who had a cesarean delivery, mothers with large breasts, or mothers nursing twins.



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## 4. LAID BACK:

- Place the baby on your chest and let them take the lead.
- Experiment with different seating positions, such as on the couch, bed, or glider, using pillows for support.
- The more reclined you are, the easier it is for the baby to handle a fast milk flow without choking.
- This position can be used with older babies as well, and it offers flexibility and comfort for both mother and baby.



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## 5. SIDE-LYING:

- Both the mother and the baby lie on their sides, facing each other.
- The mother supports the baby's back by placing an arm under them.
- The baby is placed next to the mother's breast for nursing.
- Side-lying is a useful position for relaxation and nighttime feeds, but caution should be taken to sleep with the baby in the same bed.



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Remember, each breastfeeding position has its advantages and may work differently for each mother and baby. It's important to find a position that is comfortable and promotes a good latching and feeding experience for both of you.

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For demonstration of these positions and to know exclusive tips from our experts, Join thefirstparents Breastfeeding Workshop.

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