

# Breastfeeding positions

You don't have to breastfeed in one position! Try these different options!



## Cradle

Put your baby's head resting into the bend of your elbow on the side where you will be feeding your baby. Use the rest of that arm to support the baby's body. Cup your breast with your other hand and lightly compress your breast so the nipple points toward your baby's nose. When baby opens wide you are ready to latch.



## Cross cradle

Hold your baby's head with the hand opposite to the breast which you will be nursing from. So if you are nursing from the left breast, support the head with your right hand. Cup the breast as above to get ready for baby's latch.



## Laid back

Lay down in a semi-reclined position with your baby tummy-to-tummy with you. You can then guide them to your breast.



## Football

This takes pressure away from your belly so is good if you have had a C-section. Hold your baby at your side, facing you, with their legs tucked under your arm like a football.



## Side lying

Lie on your side facing your baby with one pillow under your head and one behind your back. Have a rolled-up towel or baby blanket within your reach. Put your baby on her side, facing you, with your nipple in line with her nose. Pull her feet and bottom in close. Lean back onto the pillow behind you until your nipple lifts off the bed to the level of your baby's mouth. Latch baby while gently pressing the palm of your hand between her shoulder blades to help her. Wedge the towel or blanket behind her back, leaving her head free to tilt back.

Click the pin for more breastfeeding tips!

# Nursing Your Baby

**Patricia A Mackin, MD**



## **Nursing Your Baby:**

**Nursing Yr Baby** Karen Pryor, Malcolm Pryor, 1984-07-03      Nursing Mother, Working Mother - Revised Gale Pryor, 2007-04-06 For the working mother How to keep the breastfeeding bond between mother and child strong

**Nursing Your Baby** Karen Pryor, 1973      **Nursing Your Baby 4e** Karen Pryor, Gale Pryor, 2009-10-13 For more than 40 years mothers have depended on the wisdom and warmth of *Nursing Your Baby Now* authors Karen Pryor and her daughter Gale Pryor have revised and updated their classic guide for today's generation of women New information includes Up to date studies on health benefits for breastfed infants and breastfeeding mothers Tips for getting the best start on breastfeeding during the first hours weeks and months after birth Breastfeeding advice for working mothers Legal rights as a nursing mother Choosing and using a breast pump How fathers and families can support new nursing mothers With its unique blend of support science and research this classic guide will continue to encourage mothers to nurse their babies as long as they both desire      The Womanly Art of Breastfeeding La Leche League International, 1971      *The Breastfeeding Book* William Sears, Martha Sears, 2008-11-16 A fully revised edition of the Dr Sears guide to breastfeeding a perennial favorite of parents for nearly two decades From pediatric experts Martha Sears R N and William Sears M D a comprehensive reassuring authoritative information on How to get started breastfeeding with illustrated tips for latching on Increasing your milk supply Breastfeeding when working away from home Pumps and other technology associated with breastfeeding Making sure your nursing baby gets optimum nutrition including the most recent information about the importance of omega 3 fatty acids and milk oriented microbiota Nutrition and fitness for moms Nighttime breastfeeding Breastfeeding and fertility Toddler nursing and weaning Special circumstances And much more Breastfeeding contributes to nurturing a smarter and healthier baby and a healthier and more intuitive mommy Isn't that what every child needs and every parent wants

**Nursing Your Baby** Karen Pryor, 1991 For More Than 40 Years mothers have depended on the wisdom and warmth of *Nursing Your Baby Now* authors Karen Pryor and her daughter Gale Pryor have revised and updated their classic guide for today's generation of women      **The Complete Book of Breastfeeding** Sally Wendkos Olds, Marvin S. Eiger, 1972 THIS WELL RESPECTED BOOK PROVIDES ACCURATE MODERN MEDICALLY SOUND ADVICE ON BREASTFEEDING IN A HIGHLY READABLE FORMAT      **Breast Feeding Your Baby** United States. Children's Bureau, 1965      Bestfeeding Suzanne Arms, Chloe Fisher, Mary Renfrew, 2012-09-04 For more than a decade BESTFEEDING has been recognized by midwives doctors and nursing mothers as the definitive word on breastfeeding The culmination of 60 plus years of hands on experience from three dedicated and internationally respected authors this newly updated classic blends academic knowledge clinical expertise and practical skills to educate first time and experienced mothers alike Mothers will find precisely the information they need to help their babies grow and thrive physically and emotionally as a result of breastfeeding The book answers all questions a new mother may have and it is fully illustrated with dozens of helpful photos

and drawings that demonstrate all the dos and don'ts of breastfeeding. In addition to the basics, mothers will find tried and true solutions to both common and more unusual problems, as well as remedies for babies with special needs. With its sensitive and informed advice, **BESTFEEDING** is a supportive reminder of what women have always known: that breastfeeding is quite simply the best way to nourish a baby. An illustrated guide to the basics of breastfeeding your baby with more than 100 photos. Topics include the benefits of breastfeeding for both you and your baby; posture and positions; medical and dietary concerns and causes and solutions to numerous breastfeeding problems. Revised and thoroughly updated with new information on feeding multiple babies and adopted babies and a discussion of the emotional rewards of breastfeeding. The first two editions have sold more than 120,000 copies.

[Baby-Led Breastfeeding: Follow Your Baby's Instincts for Relaxed and Easy Nursing \(The Authoritative Baby-Led Weaning Series\)](#) Tracey Murkett, Gill Rapley, 2012-09-25. Breastfeeding is easy when you follow your baby's natural instincts. Say goodbye to stressful schedules, painful latching, and worries over milk supply. In the same sensible and sensitive voice that has made baby-led weaning a growing sensation, authors Gill Rapley and Tracey Murkett show how easy nursing can be when you let your baby lead the way. This comprehensive, easy-to-follow guide will help you understand your baby's unique natural pattern and develop a trusting and healthy breastfeeding relationship. With the help of personal anecdotes and color photos from real moms, Rapley and Murkett explain how to get breastfeeding up and running in the first few weeks. Hold your baby so that he can feed effectively. Express and store milk efficiently. Avoid or remedy sore nipples, mastitis, and other problems. Wean at a natural pace. Breastfeeding shouldn't be a struggle, and if you stay in tune with your baby, it can be effortless. **Baby-Led Breastfeeding** will give you the tools to create a happy and fulfilling breastfeeding experience for you and your baby.

*The Nursing Mother's Quick Reference Guide and Planner* Kathleen Huggins, 2020-02-11. This is a shorter version of the best-selling book on breastfeeding, *The Nursing Mother's Companion*, by Kathleen Huggins. This concise, easy-to-use, on-the-fly version of that classic book is ideal for busy, time-pressed new moms and their helpers and partners. It also includes planner pages to help keep track of nursing and pumping sessions and other important details. Breastfeeding is natural, but it is not always instinctive for either mothers or babies. Kathleen Huggins's *The Nursing Mother's Companion* has been a top-selling book on breastfeeding for more than 7 editions over 30 years, with more than 1.1 million copies sold. It is respected and recommended by professionals, including The International Lactation Consultant Association, Dr. T. Berry Brazelton, and The American Academy of Pediatrics, and it is well-loved by new parents for its encouraging and accessible style. Now, in this shorter, quick-reference version, moms and their partners can get the answers they need in a flash without sacrificing the breadth and accuracy of the original book. Plus, this edition adds a planner component for scheduling nursing sessions, pump rentals, and pumping sessions; weight and wellness checks; anticipated dates for weaning; and more. Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully. This up-to-date book covers expressing, storing, and

feeding breast milk How to cope with breastfeeding obstacles and challenges Managing pumping and nursing when you return to work New mom care for the postpartum period Introducing solid foods How to choose a breast pump Deciding when to wean and how to do it

**Breastfeeding Your Baby** Deborah Colgan, Susan Appel, Susan DeSantis, 1989 Offers practical tips and sound advice for expectant and new mothers to prepare for breastfeeding and deal with common postpartum problems

**The Nursing Mother's Companion** Kathleen Huggins, 2005 Breastfeeding may be natural but it is not always instinctive The 20th Anniversary Edition of this classic guide to breastfeeding beloved by a generation of women has been completely revised and updated to provide even more practical reassuring advice and support for today's expectant and nursing mothers Easy reference survival guides help identify and resolve problems at each stage An appendix on drug safety is a unique feature among breastfeeding books

**The Nursing Mother's Guide to Weaning** Kathleen Huggins, Linda Ziedrich, 2010 For many women the most challenging part of nursing is bringing it to an end Whether you are considering weaning or trying to wean this book will help you understand the hygienic nutritional and emotional concerns that make weaning such an important transition in a child's life This fully revised guide covers Weaning a child who is a few weeks several months or several years old Solving nursing difficulties so you can delay weaning if you choose Introducing bottles selecting formula and preparing it safely

**Breast is Best** Penny Stanway, Andrew Stanway, 1978 Abstract Common breastfeeding problems swollen breasts tender nipples and blocked ducts are discussed and practical solutions are offered Mothers are assured that a baby's cry is usually a sign that it is hungry and nothing more unless it won't suckle Topics discussed include breastfeeding and sex the father's role as a member of the nursing team feeding the older baby special medical problems baby ill jaundiced cleft lip palate handicapped failure to thrive ill mother the working mother feeding day by day and taking care of yourself Information is presented that supports the theory that breast milk is much more beneficial for baby kbc

**Breast Feeding: Breastfeeding Guide and Breastfeeding Essentials for New Mothers** Rachel Carrington, 2017-05-15 Breast Feeding We all know that breast feeding is the most natural healthiest way to nourish and bond with your baby However if you're a first time mother you might have a lot of breast feeding questions For instance how to breast feed what kind of breast feeding supplies do you need what breast feeding positions are best for your baby how to overcome any breast feeding problems you may run into the list goes on and on If you've just had or are expecting your first child and want to know more about the many health benefits of breast feeding for you and your baby want to find out if you should be on any kind of special breast feeding diet or are curious about just how when and where to use a breast feeding pump your questions will be answered in this book However this isn't just a book for first time mothers Even if you've already had a child there are plenty of excellent breast feeding tips to be found in this book which can make breast feeding the natural pleasant and loving experience it's meant to be A must read for every mother and father this is a guide to breast feeding which can make caring for your child in their first year a much less trying experience

**The Nursing Mother's**

**Companion, 7th Edition, with New Illustrations** Kathleen Huggins, 2017-07-15 In *The Nursing Mother's Companion* Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully

**Breast Feeding** United States. Bureau of Community Health Services, 1979

**Your Breastfeeding Guidebook** Patricia A Mackin, MD, 2015-02-15 This comprehensive guide to the experience of breastfeeding is an excellent read for the mother to be. It's a no judgement handbook designed to give practical evidence based advice that will work for parents of a variety of backgrounds and lifestyles. New parents, grandparents, and others interested in learning more about breastfeeding will find this book interesting as well. It's a perfect shower gift for the mom who plans to breastfeed.

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Tender Moments: **Nursing Your Baby** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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