

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

William Sears, Martha Sears



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 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 *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 **Nursing Your Baby** Karen Pryor, 1973 **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 **The Better Way to Breastfeed** Robin Weiss, 2010-06-01 A visual step by step guide to successful breastfeeding Authoritative advice for overcoming every nursing challenge Breastfeeding is one of the best ways to get your baby off to healthy start in life However nursing successfully over the long haul requires knowledge support and practical information and techniques Nationally recognized breastfeeding and baby care expert Robin Elise Weiss L C C E provides the most up to date information on the topic as well as more than 150 photos and step by step illustrations that will show you how to make breastfeeding better for you and your baby Whether you're a first time mother or an experienced one looking for new methods and information The Better Way to Breastfeed shows you how to overcome common pitfalls such as sore nipples inadequate milk supply and improper latching as well as special concerns like unusual nipple or breast shape and nursing preemies or multiples Each chapter includes Multiple quick references and handy checklists of what to know and do and when you might need to seek help In depth discussions of how to work with your hospital employer friends and family to support your breastfeeding goals Confidence Cues that help you read your body and your baby's subtle signals Mama Moments that provide reassurance and help you take care of yourself With this essential guide you'll be able to breastfeed successfully no matter what your goals are and ensure your baby is happy and healthy

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