

Positioning: Laid-back Breastfeeding



Laid-back breastfeeding, or Biological Nurturing, means getting comfortable with your baby and encouraging your own and your baby's natural breastfeeding instincts.

See www.biologicalnurturing.com for further information.

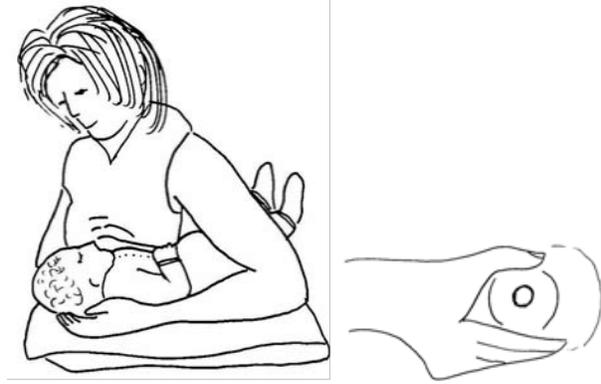
- Dress yourself and your baby as you choose.
- Find a bed or couch where you can lean back and be well supported— not flat, but comfortably leaning back so that when you put your baby on your chest, gravity will keep him in position with his body molded to yours.
- Have your head and shoulders well supported. Let your baby's whole front touch your whole front.
- Since you're leaning back, you don't have a lap, so your baby can rest on you in any position you like. Just make sure her whole front is against you.
- Let your baby's cheek rest somewhere near your bare breast.
- Help her as much as you like; help her do what she's trying to do. You're a team.
- Hold your breast or not, as you like.
- Relax and enjoy each other.

Other Positions & Latch

Cradle: “U” Latch



Football: “C” Latch



The cradle and the football holds are the most common breastfeeding positions recommended by hospitals after you give birth. To help baby get a good latch in the cradle hold, make a “breast sandwich” with your hand in the shape of a “U” so that the ridge of your breast lines up with the angle of baby’s mouth. For a football hold, you will make a breast sandwich with your hand in the shape of a “C.”



Side-Lying: “Knee to Breast” – whichever breast the baby is feeding from, the corresponding knee should be bent and drawn up to provide a supportive base for safe breastfeeding, without having to flip over to switch sides. For example, if you’re laying on your left side and baby is feeding from your left breast, your left knee should be bent and your right knee extended. When you want to switch to the right breast, draw up your right knee and extend the left. This will allow your body to rotate enough to bring the breast close to baby, while allowing your right knee to prevent you from rolling over.

Safety while side-lying: Never breastfeed in this position while on memory foam, fluffy, feathered and/or water mattresses and couches, etc. Keep all fluffy and excess pillows and bedding away from the baby.

Vary Breastfeeding Positions: Changing positions will help you build the best milk supply, and will help avoid clogged ducts and sore nipples.