

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Comfort and position are two keys to successful breastfeeding. Learn how to correctly position your baby at the breast. Choose the hold that works best for both of you. You may need to change holds as the baby grows.



The cradle hold (left) and the cross-cradle hold (right) give you a free hand to hold the breast or caress your baby.

Cradle Hold

- Sit upright, making sure you have back support. Raise your baby to breast height. Use pillows or a chair with armrests.
- Keep your knees level with your hips. Put a stool or pillow under your feet if needed.
- Cradle your baby. Make sure your baby's back and bottom are well supported. Also, make sure your baby's ears, shoulders, and hips are in line.
- Rest your baby's head in the crook of your arm



You can use the football hold to breastfeed two babies at once.

Football Hold

- Place a pillow at your side. Lay the baby on the pillow. Place the back of the baby's head in the palm of your hand. Your forearm should support her shoulders and spine.
- Tuck your baby's legs between your arm and body, as if you were clutching a football.



The side-lying hold may be helpful if you are recovering from a cesarean.

Side-Lying Hold

- Stretch out on your side with your baby tummy-to-tummy with you. Use pillows to support your head, neck, and back.
- Support your baby's head, neck, and back with your hand.
- To switch breasts, gather your baby close to your chest. Then roll onto your other side to feed from the other breast.

Online Source: American Academy of Family Physicians <http://familydoctor.org/019.xml>
Online Source: La Leche League International <http://www.lalecheleague.org/FAQ/positioning.html>

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your/ your baby's current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.