

How do I hold my baby for breastfeeding?

There are many positions you can use. Try different positions to find what works best for you.



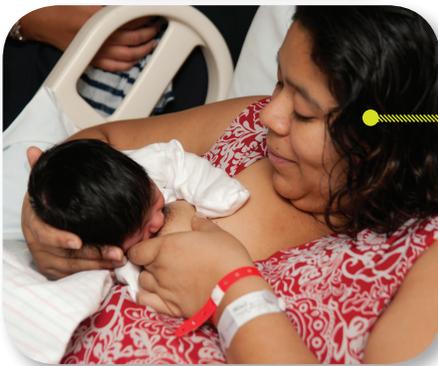
Laid Back Hold

- Lay back and use pillows for support and comfort.
- Place your baby face down between your breasts.
- Let your baby search, crawl up, nuzzle, and attach to your breast. Help your baby in whatever way feels natural.
- Place a blanket across your baby's back, if needed.



Cross-Cradle Hold

- Place a pillow in your lap to bring your baby up to breast level. Put your baby on the pillow, tummy to tummy with you, with the baby's nose across from your nipple.
- Support your baby's head by holding your hand at the base of his skull.
- Lift your breast to bring your nipple up to your baby's nose. To lift your breast, lean back and place your fingers below your breast near your ribs, keeping your hand far away from the nipple.
- Once your baby is latched on, you can let go of your breast and bring your arm around your baby into a regular cradle-hold. If your breast are large, you may need to support your breast the whole time.



Clutch (Football) Hold

- Place a pillow at your side.
- Put your baby on the pillow with his legs under your arm.
- Slide your arm under your baby's back. Support the base of his head and neck with your hand.



Side-Lying Hold

- Lie on your side with knees bent. Place pillows between your knees, under your head and neck, and behind your back, if needed.
- Put your baby on his side, facing your nipple.
- Support your baby by placing your arm, a pillow, or a rolled-up blanket behind him.

