

# Positions for Breastfeeding

When you breastfeed, it is important to find a comfortable position for you and your baby. There are several common breastfeeding positions. Your arms and back should be well supported. Make sure your baby is level with your breast, using pillows if necessary. Your baby should not have to turn her head to reach your breast. Proper position and latch will decrease nipple soreness.

## Football or Clutch Position



- Rest your baby's bottom against the pillows that support your back. His chin and body should face your breast.
- Support his neck and head with your hand.
- His body should be snuggled close to yours.
- With your other hand, support and offer your breast.

## Laid-Back Position



- Lean back on a bed or couch with your head, shoulders, and back well supported in a semi-recline position.
- Place your baby's whole tummy against your whole tummy, with your baby's cheek resting near your bare breast.
- Relax as your baby latches on and breastfeeds. Provide her with assistance and encouragement as needed. Soothe her, and make eye contact.

## Cradle Position



- Position your baby facing you, lying on her side, her tummy to your tummy.
- Support her head and body with your forearm. Your hand can grasp her bottom or upper thigh.
- With your free hand, support and offer your breast.

## Cross-Cradle Position



- To feed your baby from your right breast, hold him along your left arm. Place your left palm on his upper back, and support his head with your left hand.
- Support your right breast with your right hand.
- Hold your baby tummy to tummy, and offer him your right breast.

## Side-Lying Position



- Rest comfortably, lying on your side.
- Place pillows under your head, behind your back, and between your knees.
- Position your baby on his side next to you. His knees should be pulled in close to you, and his face should be level with your areola and nipple.
- Keep him on his side with a rolled up blanket, a pillow, or a towel tucked behind him.
- Use your free upper arm to support your breast. Offer the breast that is closer to the bed or sofa.

*Breastfeeding is a special gift only you can give your baby.*



The information contained in this tear pad is not intended to replace the advice of a healthcare professional. If you have any questions about breastfeeding your baby, please contact a lactation consultant or another healthcare professional.