

Position and latch

Finding your fit

Practice makes perfect!
Find the positions that work for you.
A good latch helps prevent nipple pain
and helps your baby remove milk.
Be sure you're comfortable.



Getting started: Leaning Back

Laying belly-to-belly with your baby is the most natural thing to do immediately after birth. When your baby shows signs of trying to find the breast, support this search. He or she will nuzzle up and attach to the breast. Breastfeeding while leaning back comfortably goes along with your baby's natural instincts.



Leaning Back

Other positions



Cross-Cradle Hold



Football Hold



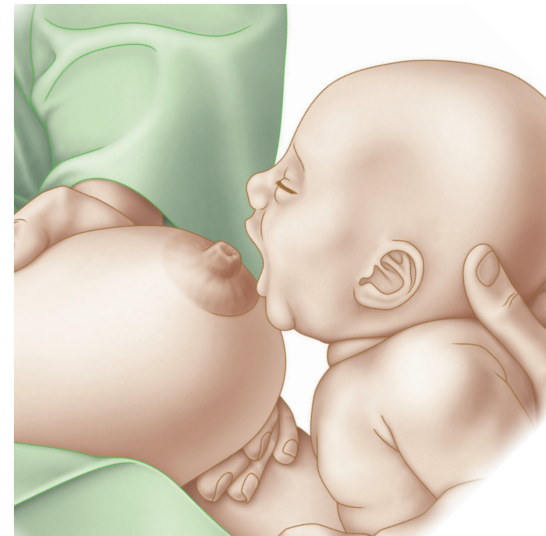
Cradle Hold



Side-Lying

Tips for latching your baby in ANY position

- Support your baby's neck.
- Avoid holding the back of your baby's head - allow your baby to move as he or she needs.
- Baby's ear, shoulder and hips should be in a straight line.
- When your baby opens wide, help him or her onto your nipple. Lean back and relax if you are hunched over.
- Baby's chin should hit breast first.
- Make sure the nipple is deep in your baby's mouth.
- Baby's nose may touch the breast during a deep latch.



Tips for getting off to a great start

- Breastfeed as soon as possible after birth.
- Nurse your baby often - as often as he or she shows signs of hunger (this should be at **least** 8 times in 24 hours).
- Avoid giving pacifiers or bottles until breastfeeding is going well.
- Ask for support from your nurse or a lactation consultant.
- Watch your baby - not the clock - to know when to feed.
- Massaging and compressing the breast while feeding helps the milk to flow and keeps the baby feeding.



Learn hand expression - ask for help

- Hand expression is a technique to express milk from your breasts to feed to your baby or store for later.
- The amount will be just drops in the beginning and increase as you have more milk supply.
- You can also express a drop onto your nipple for your baby to smell and taste before feeding.
- Hand expression can increase your milk supply and encourage your mature milk to come in faster.

Online hand expression resources may be helpful:

<http://bit.ly/ExpressionVideo>

<http://bit.ly/ExpressionVideo2>

