

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

Feeding “On Cue”

Follow Your New Baby’s Lead

HUNGER CUES

signs that your baby is ready to eat

- ✓ Fluttering eyes
- ✓ Sucking on tongue or hand
- ✓ Rooting (opens mouth and turns head)
- ✓ Nuzzling into the breast
- ✓ Bringing hand to mouth
- ✓ Crying

If you wait until your baby cries to feed him, he may be too upset to eat. If this is the case, calm your baby first by gently rocking him side to side, or try skin-to-skin contact.



“I’m hungry!” Example of a baby bringing his hand to his mouth.

FULLNESS CUES

signs that your baby is full

- ✗ Eating slows down
- ✗ Turns face away
- ✗ Looks relaxed
- ✗ Stops sucking
- ✗ Falls asleep



PACIFIERS

Pacifiers can hide your newborn baby’s signs of being ready to eat. Avoid using pacifiers in the first month of your baby’s life if you are breastfeeding.

Newborns Tummies Are Very Small!

In the beginning, there may be times when your baby eats a little bit nearly all the time. This is normal. The frequent feeding helps bring in a good milk supply for you.

