



Breastfeeding with Large Breasts

Find a position that supports both your breast and your baby so your hands are free to hold the end of your breast into the baby's mouth.



Find positions where your breast and your baby are both supported, such as lying on your side.



Your hands are free to hold the breast when your baby is resting on a padded table.



When commercial nursing pillows do not fit, try bed pillows to support your arm.



Sitting cross-legged with lots of pillows under the baby is another possible position.



Lying back at an angle works for some women. Find your most comfortable position.



Be sure the weight of your breast is not on your baby's chest. Lift your breast up with your hand.

Possible ways to support the breast



Try a small rolled towel to support your breast.



A sling can hold the weight of your breast for the baby.



A bra with a cut out area can support the weight of the breast.



A bra with a cut-out area can hold a funnel while pumping.



To make an airway, press the breast down and toward the baby's nose. (Do not pull the breast away from the baby.)



Look for a space between the baby's nose and breast and between the chin and chest.



Some women may lack nipple sensitivity, so they do not feel when the baby is incorrectly latched, creating a hiccup.



Band-aids® can be used as markers to feel for thumb and finger placement when sandwiching the breast.



Squeeze 2" (5 cm) behind the base of the nipple to create a "breast sandwich."

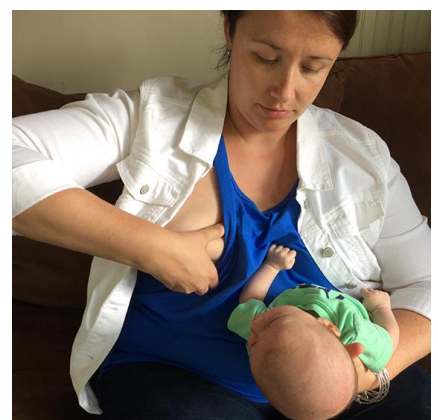
Tips to preserve modesty



Body exposure can be a big concern when in public.



To hide your midriff, cut a hole in a tank top or T-shirt and layer it under your blouse.



A man's undershirt with large arm holes can cover your midriff.

Be creative! Find solutions that work for you.

Written by Kay Hoover M Ed IBCLC FILCA. Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. This handout may be freely duplicated. Lactation Education Resources 2017