

Your Guide to Positioning and Latching

Make sure your baby latches to the breast well in all positions

- Consider placing your baby skin-to-skin when latching
- Baby should be at breast height and baby's ear, shoulder and hip should be in a straight line
- Hold baby close
- Baby's nose should be touching the nipple before latching
- Wrap baby's arms on either side of the breast, like a hug
- Baby's belly and chest touch the parent's belly and chest

Most common positions



Cross-Cradle Hold

- Hold your baby using the arm opposite to the breast used for breastfeeding
- Baby's neck and shoulders should be supported with your hand
- Support or hold your breast using the hand on the same side as the breast used for breastfeeding



Football Hold

- Lay baby on baby's side on the side of your body
- Tuck baby's body on the side of your body and around your back, as needed
- Support or hold your baby's neck and shoulders with the hand on the same side as the breast used for breastfeeding



Laid-back Position

- Recline back with your baby on top of you, tummy to tummy
- Hold your baby's bottom with your hand and use your upper arm as a pillow for baby's head
- Hold your breast, as needed, using the hand on the same side as the breast used for breastfeeding
- Baby may find your breast and latch on their own

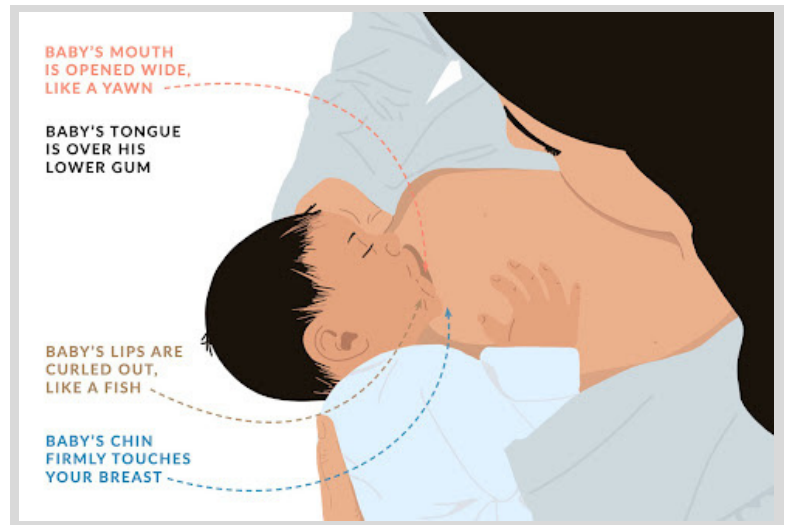


Side-Lying Position

- Lie on your side
- Place your baby on their side facing you, with their nose level with your nipple
- Place a pillow behind your back for support and a rolled-up blanket behind your baby's back to keep them from rolling away

Latching

- Wait for baby to open wide before bringing baby onto the breast to latch.
- When latched well, baby's head should be tilted back with the nose not touching the breast, lips should be flanged, and baby's mouth should be positioned off center on the areola with more of the bottom areola in the mouth relative to the baby's head.



Pro Tips!



Wake a sleepy baby by putting them skin to skin, massaging their head and body, burping, and changing their diaper



Make sure you are comfortable during breastfeeding

- Use pillows for arm support
- Avoid hunching over the baby
- Bring baby to the breast, not breast to the baby



Use "sandwich hold" to get more breast tissue into baby's mouth

- Compress your breast with your fingers in the same direction as the baby's lips and offer it to your baby to latch

Have more questions or concerns specific to your breastfeeding journey? Nest IBCLCs are here to help!



Schedule your next appointment with a Nest Collaborative IBCLC by visiting www.nestcollaborative.com or by calling (888) 598-1554.