

# Positions for Breastfeeding

**W**hen you breastfeed, it is important to correctly position your baby. Proper position will decrease nipple soreness. There are several different breastfeeding positions. Choose the one or ones that are most comfortable for both you and your baby.



## Sitting Positions

### "Cradle" Position

- Sit comfortably using pillows for support.
- Place your baby facing you, lying on his side, his tummy to your tummy.
- Support your baby at breast level. You may need pillows to raise him up until he is old enough to reach your breast while resting in your lap.
- Cradle his head near the crook of your arm. Support his back with your forearm and his bottom or upper thigh with your hand.
- With your free hand, support and offer your breast.

### "Football (Clutch) Hold" Position

- Sit comfortably using pillows for support.
- Place one or two pillows or extra towels at your side.
- Rest your baby's bottom against your back support.
- Support her back and neck with your forearm and her head with your hand.
- Your baby's body should be snuggled close to you and should be directly facing your nipple and areola.
- Center your nipple in your baby's mouth and pull your baby onto your breast as she latches on.



## Lying Down Positions

### On your side...

- Rest comfortably, lying on your side.
- Use pillows to support your head, back, and between your bent knees.
- You can lay your baby on his side directly on the bed or sofa next to you.
- His head should be face level with your nipple and areola.
- Use your free hand to hold and offer the breast that is closest to the bed or sofa.
- Relax and enjoy this quiet time with your baby.

### On your back...

- Lie on your back with pillows under your head.
- Place your baby across your chest and tummy, his face level with your breast.
- Support his head and body with your arm.
- You can put your baby to your breast in a sitting position and then lie back.

*Remember - A sweater, shawl, or baby blanket may be draped over one shoulder or a button-down blouse or loose shirt may be worn to give you and your baby privacy.*

### "Cross Cradle" Position

- Support your baby's head in your left hand and support her back against your forearm.
- Support your right breast with your right hand.
- Hold your baby tummy to tummy and offer your right breast.



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



Call your baby's care provider and a lactation consultant if your baby does not seem to be gaining weight or if you have any questions about breastfeeding your baby.