

COMMON BREASTFEEDING POSITIONS

TRANSCRIPT

In the first weeks after your baby is born, it may feel like you are always breastfeeding. You will spend a lot of time feeding and bonding with your baby, so make sure you are comfortable while you do it.

There are some ways to hold your baby that will make feeding easier for both you and your baby. Here are the three most common ways to hold your baby while nursing.

The first is called the cradle hold. Cradle your baby's head in the crook of your arm. Let the baby's back rest on your forearm and hold the buttocks in the palm of your hand. Sit upright and use a pillow to bring your baby up to your chest level.

Some women find putting their feet on a stepstool helpful. Don't lean over your baby. These tips will help prevent backaches.

Another position, called the football hold, makes it comfortable for you to move around. Just as you would hold a football, tuck your baby's body between your body and your arm. Again, a pillow can be placed underneath your baby for support. If you've had a Cesarean delivery, the football hold may be the most comfortable.

A third hold is called side-lying. Nursing in this position allows you to rest while your child feeds. Lie in a bed side-by-side with your baby facing you. This position is helpful if you've had a Cesarean delivery or an episiotomy.

When you're nursing, your baby should face your nipple. His ears, shoulders and hips should be in good alignment. Hold his head with one hand and guide your nursing breast to his mouth.

Tickle his lower lip with your nipple, and when he opens his mouth wide – like a little bird – pull him on to you. Make sure you keep most of your areola, the dark part around your nipple, in his mouth.

You can tell your baby is actively feeding when his jaws are moving and you can hear his rhythmic swallowing.

No matter how you hold your baby, her nose and cheeks should be touching your breast. There's no need to make an airway; your baby can breathe fine.

Go ahead and try different positions for your baby. You may find you have more control using one hold or another. And when you find the right hold – or holds – for you and your baby, you can relax, settle in and enjoy the time it takes to feed your baby.