

How do you hold your baby when you breastfeed?

There are different ways to hold your baby when you breastfeed. Try them all to find out which one you and your baby like best. You may want to use a pillow to help support your baby. The cross-cradle and football holds let you have the best control of your breast and your baby's head. These are the easiest holds for breastfeeding when you're just starting out.



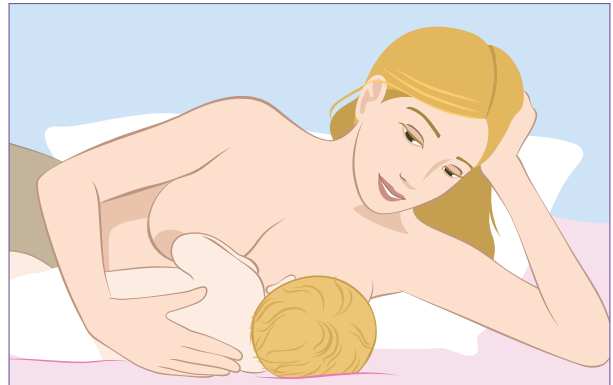
Cross-cradle hold



Cradle hold



Football or clutch hold



Side-lying hold

Holds for breastfeeding multiples

When your babies are ready to breastfeed, try feeding one at a time first. This helps each baby learn to latch on. Later you can feed both at the same time.



Double clutch hold



Cradle and clutch hold