

# BREASTFEEDING

## Getting Started

There are three different breastfeeding positions that you can choose from:

- 1) Cradle Hold
- 2) Clutch Hold (Also called "Football Hold")
- 3) Reclining Hold

### Cradle Hold



- Your baby's head should rest in the crook of your elbow
- Your forearm should support his back
- Your hand should hold his buttocks or upper thigh
- The baby should be lying on his side with his whole body facing you.
- His head should be in a straight line with his body, not arched back or turned sideways.
- Your free hand is used to position the breast.
- Support your breast with your fingers underneath and your thumb on top.

### Clutch Hold

This position gives you better control of the baby's head and allows you to see that he is latching on properly. You might try this position if you are concerned about latch-on, if you have a small or premature baby, have large breasts, or have a sore abdomen from a cesarean birth.



- You will need to use a pillow underneath the baby to bring him up to the level of your breast.
- Place the baby's head in the palm of your hand.
- Place the baby's legs under your arm.
- Bring him up to the level of your breast.
- Support the base of his head between your thumb and forefinger.

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#### The Reclining Hold



- Lie on your side, using one pillow to support your head and another along your back.
- Your head and neck should be comfortably propped up.
- Put a small rolled blanket behind the baby's back.
- Lay the baby next to you on the bed so that his mouth is opposite your nipple.

#### TIPS FOR MOM

- You should feel comfortable and relaxed while breastfeeding.
- Sit on a comfortable chair.
- Use plenty of pillows to support your back and arms.
- Take deep breaths and let yourself relax!
- Listen to soothing music while sipping a healthy drink.
- If your home is very busy, find a quiet place where you won't be disturbed during the feeding.