


Shhh...



Mother
& Baby
Resting





Refresh your body. Nourish your baby.

The first few months with your newborn can be exhausting. Breastfeeding while lying down allows you to get the rest you need while you breastfeed, especially during the night.

Here are a few tips to get started:

- Lie on your side facing your baby with a pillow under your head.
- Put your baby on his side, facing you, with the tip of his nose lined up with your nipple.
- Pull his hips and body in close, and with your free hand gently bring his chest into you by pressing his upper back between his shoulder blades. This will bring him into feeding position with his head tilted back, his chin touching the breast and his nose free.
- When your baby's mouth opens wide, allow him to latch onto the breast. If he needs a bit of help from you, press him extra close between his shoulder blades as he reaches up to latch.

This position for breastfeeding is especially beneficial if you are recovering from a c-section, find it uncomfortable to sit upright, or baby is waking a lot at night. Try a few of the following variations to see what is most comfortable.

- Place your baby's head resting on your arm.
- Place your arm under the pillow supporting your head.
- Add extra pillows and rolled-up blankets around your body and your baby's to offer additional support

Breastfeeding while lying down may take some practice to perfect. Many breastfeeding and parenting experts agree that it is well worth the effort. Once mastered, you will never have to choose between getting the rest you need and nourishing your baby. Practice this position during the daytime for best results.

It is very natural for mom and baby to fall asleep while feeding in this position. Please review the safe guidelines for co-bedding provided in "Baby's Best Chance", a document produced by the BC Ministry of Health available at: www.health.gov.bc.ca/cpa/publications

For more information, please visit these websites or contact your local La Leche League group:

www.llli.org • www.kellymom.com