

Straddle Position



Sitting yourself upright on the couch or in a chair, position baby sitting upright on your lap facing you. Baby's legs will straddle your thigh. If baby needs to be raised to breast-level pillows maybe placed underneath baby.

Hands and Knees

***Best used for draining a plugged duct**



Position yourself on your hands and knees or leaning over a table, while baby is lying flat on his or her back underneath you. Baby's lower jaw should be placed next to the area of the plugged duct. Use pillows under baby to raise baby to breast level.

Prone Positions

* In all prone positions you will be lying on your back, with the baby face down on top of you.

Horizontal Prone



You will be lying down in a semi-reclined position with several pillows under your head and upper back, and knees supported. Latch baby first, making sure that you brace your breast with the upper arm that is supporting the baby, and then lean back. Baby will be positioned horizontally across your chest, and the weight of the baby's head will be supported by your upper arm. This arm needs support under the elbow with a firm, rolled blanket, or something similar.

Vertical Prone

Position yourself lying down with pillow under your head and knees for support. Baby will be positioned vertically across your chest so that baby's feet are facing the same direction as yours on the same side of the breast you are feeding from.

Lateral Prone

Position yourself lying down with pillow under your head and knees for support. Position baby so that he/she is lying parallel to your body but off to one side. Depending on which side you are feeding the baby, the baby's weight will be mostly on that arm.

Diagonal Prone

Position yourself lying down with pillow under your head and knees for support. Based on the breast you are feeding from the baby will be positioned diagonally across your body.

Over the Shoulder Prone

Position yourself lying down with pillow under your head and knees for support. Position baby on a pillow with the baby's head approaching the breast from over your shoulder. You may need to support baby's head with a hand on baby's forehead.

Always remember breastfeeding should NOT be painful.

If you are experiencing pain or discomfort, seek help from anyone with special training in breastfeeding counselling:

Public Health Unit/Public Health Nurses

Lactation Consultant

Midwife

Local La Leche League Leader

Reference

All information in this brochure has been adapted from the following reference:

Mohrbacher, N. & Stock, J. (2003). La Leche League International: The breastfeeding answer book (3rd ed.). Schamburg, IL: LLL Int. Inc.

A Mosaic of Breastfeeding

Positions



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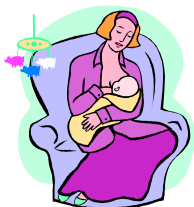
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Breastfeeding should feel comfortable.

**If it isn't going well for you or baby,
try this:**

1. Position hand so that breast rests in a U formed by the thumb and fingers
2. Form breast to an oval shape so that it will fit corner to corner in baby's mouth
3. Tip nipple away from baby's mouth
4. Place baby's lower lip well away from the nipple, as low on the areola as possible
5. Tickle baby's mouth with breast to get baby to open mouth wide
6. Once baby has open mouth wide, roll breast onto baby's tongue, placing breast onto bottom lip then tipping rest of breast and nipple into the baby's mouth
7. Baby should have an asymmetrical latch, where more breast tissue is taken from the bottom of the breast, than the top
8. Baby's lips should be wide spread apart, lips flanged out and relaxed
9. Baby's shoulders and body will be snuggled in quite close to you
10. If latch is uncomfortable remove baby from the breast by placing one finger into the corner of the mouth and between the gums to unlatch baby.



Cradle Position



Place your baby facing you, with their head placed in the bend of your elbow. Your arm should be placed along the baby's back. Baby should be tucked in close to you with ear, shoulder, and hip in a straight line. Your baby's nose should be in alignment with your nipple. Baby's arm can be tucked under your breast or around your waist.

* Using pillows to raise baby to breast level helps to support baby throughout feed.

Cross Cradle Position (Transitional Hold)



Place your baby facing you with the hand opposite from the breast the baby will be feeding from placed on the baby's upper back. Your thumb should be placed behind one ear and index/other fingers on baby's neck to the other ear to provide support for the head. When positioning for the latch your baby's nose should be in alignment with your nipple.

* Make sure hand is not placed on back of baby's head as this will prevent proper latching.

Football Position (Clutch Hold)



Baby's body should be tucked under your arm and facing your side. Raise baby to breast level using the support of pillows. Position baby so that breast is directly in front of baby's mouth, nipple to baby's nose. Thumb should be placed behind one ear and index/ other fingers on baby's neck to the other ear to provide support for the head.

* If baby is too far forward they will have to bend neck to latch, this can inhibit effective feeding.

Modified Football



Place baby in an upright position with baby by the side of the breast from which you are intending to feed. Baby's feet should be positioned towards your back and pillows can be used to raise baby to breast level. Baby's nose should be parallel to the nipple to help with proper latching. Your arm will support baby's back and while your thumb is placed behind one ear and index/other fingers on the baby's neck to the other ear for support for the head.

Side Lying



Place yourself lying on your side with a pillow under your head. Tuck a pillow behind your back, and lean back into the pillow. Position baby on their side facing you, ensuring baby's knees are pulled in close. To support baby use your arm or a rolled towel along the baby's back.

Upside Down Side Lying



Place yourself lying on your side with a pillow under your head and lean back into pillow. Position baby on their side facing you, ensuring baby is close, but with baby's head towards your feet. To support baby use your arm or a rolled towel along the baby's back.