



LACTATION POSITIONS



Nevada WIC uses the terms “breastfeeding” and “chestfeeding” interchangeably to describe the action of feeding a baby human milk from your body.

Use The Following Tips for All Lactation Positions:

- **GET COMFORTABLE** – Find a relaxed position you can stay in for a while. Use pillows to support your back and arms and to make baby level with your nipple. Support your legs with a footstool, coffee table, or stack of books if needed.
- **GET BABY CLOSE TO YOU** – Having baby against your body will help you achieve a comfortable latch. Ask for help to position your baby and use pillows or blankets for support.
- **WHEN YOUR BABY IS POSITIONED CORRECTLY:**
 - Their head and chin should be facing your chest.
 - Baby’s mouth should be open wide with “fish lips.”
 - Baby’s tongue should be over their lower gums, between their lower lip and your breast.
 - Baby’s nose or cheeks may gently touch your breast.
 - Baby’s chin should press into your breast.
 - Your nipple should be at the back of baby’s mouth.



If your baby’s latch is causing you pain, gently remove your baby from your nipple by inserting a clean finger into baby’s mouth to break the seal and TRY AGAIN.

There is no right or wrong breastfeeding position. A good breastfeeding position should be comfortable for both of you, while allowing baby to suck and feed well. With any position, ensure baby is safe from falling. If you are too tired or drowsy to feed your baby safely, ask for help. A partner or family member can feed your baby so you can rest.

FOOTBALL HOLD

On the side of your body you plan to feed from, support baby next to you using a pillow or a rolled up blanket. Face baby towards you and place their body on the prop and cradle their head with your hand. Baby should be at nipple height. Use your other hand to support your breast or chest.

This is a great position for moms who:

- Have just had a C-section
- Have fast milk let-down
- Have a premature or small baby
- Have large breasts



CROSS-CRADLE HOLD

Helpful for newborns who need additional head support. Position your baby to feed on the left breast using your right arm. Using your left hand, you can support or move the breast to better latch your baby.



This is a great position for parents who:

- Have problems with latch
- Have a premature or small baby
- Have large breasts

CRADLE HOLD

Position baby on their side, tummy to tummy with you. Support baby with your left arm, while they feed on the left breast. Your right arm can go under your baby’s bottom or support their head. Remember, your baby’s head needs to tip back so they can open their mouth wide to latch deeply onto your nipple.

This is a great position for moms who:

- Have a full-term or older baby with good head and neck control



SIDE-LYING POSITION

Before side-lying, ensure the area is flat and clear of blankets or pillows. Lie on your side, with your baby facing you with their head at nipple level. Your baby should be able to open their mouth widely and latch deeply. If you are drowsy or tired, avoid side-lying for your baby’s safety.



This is a great position for parents who:

- Have had a C-section
- Want to rest or relax
- Have a full-term or older baby

LAID-BACK BREASTFEEDING

Sit on a comfortable surface, like a bed or chair. Recline on a pillow with baby’s chest against yours. With baby’s head at nipple level, place their cheek on your breast, and allow them to latch.

This is a great position for moms who:

- Have an overactive milk let-down or flow
- Have a baby with reflux
- Have sore nipples



Be Patient

With time and practice, you and your baby will find a position that works for the two of you. If you have questions or concerns, contact your WIC clinic – we are here for you!

RESOURCES

WIC Breastfeeding Support

Information on breastfeeding holds and common breastfeeding or chestfeeding challenges and concerns.

<https://wicbreastfeeding.fns.usda.gov/>

Office on Women’s Health

General breastfeeding and chestfeeding hold information.

<https://www.womenshealth.gov/breastfeeding>

QUESTIONS?

If you have any questions about feeding your baby using any of these breastfeeding holds:



1-800-8-NEV-WIC
(1-800-8-638-942)

NEVADAWIC.ORG

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