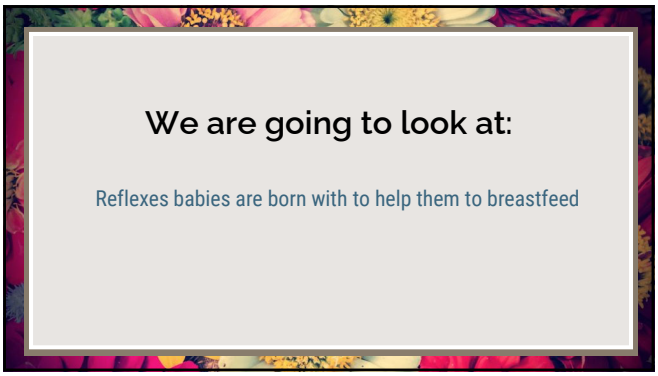
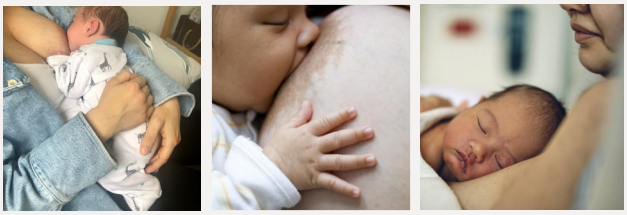


ALL MAMMALS ARE DESIGNED TO BREASTFEED

One, two, or even more....



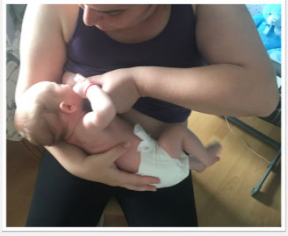
And so are we...

Why is breastfeeding so hard?

Positioning - Spot the difference!

Mother's have not learnt how to position their babies for effective breastfeeding.

Positioning



What you need to know…

Babies are born with the instincts to breastfeed…

But certain conditions need to be in place…

Rooting Reflex

Sucking Reflex

Swallowing Reflex

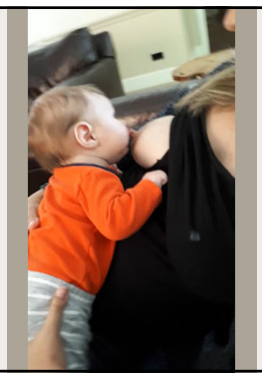
Present at birth

Instinctive Newborn Behaviour

Pictures of the 9 stages ©Healthy Children Project, Inc.

Breast crawl

Laid Back Position



Allows the baby to self attach.