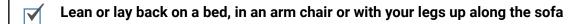
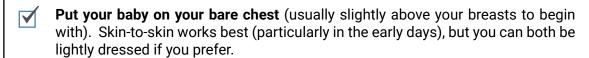
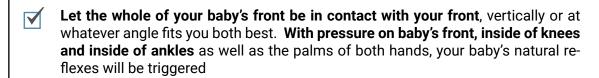
How to position your baby at the breast

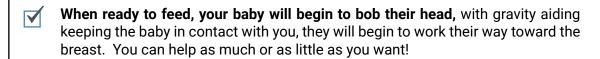
In the Laid Back Feeding Position

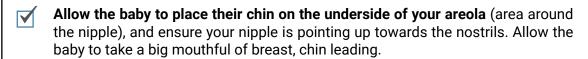
Positioning Checklist

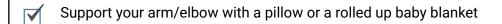












Ensure you are comfortable and relax!











Don't Worry!

This is just one of many positions that you can feed in and one that we teach mums to successfully reduce nipple pain and improve milk transfer.

If you find you are struggling to achieve this, you can book a feeding consultation with the Birth, Baby & You Team by emailing: admin@birthbabyandyou.co.uk