



POSITIONING



Positioning…

…is how the baby is held to enable them to breastfeed effectively.

Baby's knees, hips. Shoulders and cheeks are all in line



The principles are the same for all positions

…the baby is not twisting or looking over their shoulder.



The principles are the same for all positions

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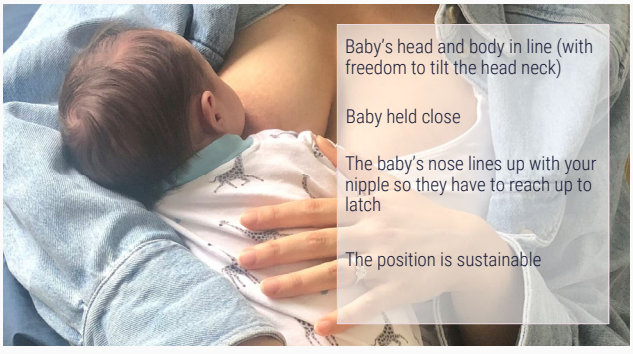


Baby's head and body in line (with freedom to tilt the head neck)

Baby held close

The baby's nose lines up with your nipple so they have to reach up to latch

The position is sustainable

Tummy to Mummy?



Where the baby is positioned for the best feed

Depends the person's shape

'Tummy to mummy' does not work when your breasts point down.

Having the baby in a 'rugby ball' position would work best in this instance.

- Baby needs to face upwards
- Baby's head is free to tilt back
- Baby's chin is leading
- Baby's nose is free
- Mum is supporting the baby **behind the shoulders** and **at the bottom**



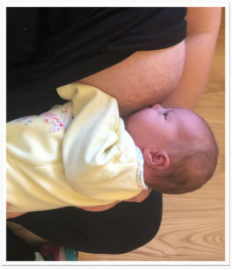


Larger breasts need an adjustment to positioning…

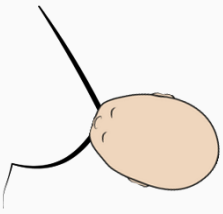
When breasts point down…

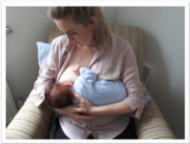
the baby needs to face **up!**



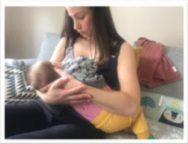


Cross cradle…



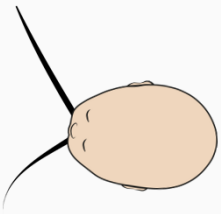


…with a new baby



and slightly older baby

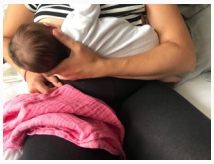
Cross cradle or laid back…



…is ideal for smaller breasts



Breastfeeding positions



Cross Cradle



Cradle Hold

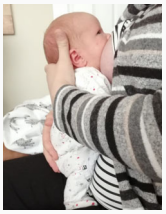


Rugby Ball

Breastfeeding positions



Laid Back



Koala



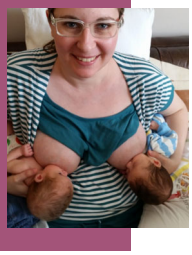
Tandem Feeding

Upright

Natural feeding position



Rugby ball hold



Twins!