

6 Breast Feeding Positions For You & Your Baby

The More You Know

It is important to find a comfortable breastfeeding position when you start breastfeeding, one that you can stay in for some time (depending on how long the feed is). It will also help to have your back supported.

Cradle Hold



This is a classic breastfeeding position that works well for full-term babies from the age of about 1 month as they have strong neck muscles and it is easy to guide their mouth to your nipple. Hold your baby level with your breast with your tummy and your baby's tummy close together. Your baby will be facing your breast. You will support baby's head using your right arm when feeding baby from your right breast (and use your left arm when feeding from your left breast). Extend your forearm and hand to support their neck, spine and bottom.

Cross-Cradle Hold



This breastfeeding position is similar to the cradle hold, but your arms switch roles – so, your baby's body will lie on your opposite forearm. The aim of this position is to support your baby's neck and shoulders and let them tilt their head prior to latching. This is a good position for newborn and pre-term babies, and those who have difficulty latching.

Rugby Ball Hold



This is also known as the underarm or clutch hold, where you sit with your baby resting along your forearm. Their body will tuck along your side and their feet will be facing the back of the chair you are sitting on. This is a helpful position for early nursing as it supports baby also assist with skin-to-skin bonding and make baby feel safe.

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Side-lying Position



For this position, start off lying on your side (whichever is most comfortable) and keep pillows out of the way to begin with, but close by so that you can use them once baby is latched to your nipple. Put baby on their side and let them face you. Bring their body close to yours with his head tilting back so that baby can latch to your breast. This is a great position for night feeds and can be more comfortable if you have had a c-section.

Upright Breastfeeding



For this breastfeeding hold, you will sit your baby on your knee/straddling your thigh, and you will support his head and shoulders with your hands. You can do this with a newborn baby or those who have difficulty grasping the breast. It is also good for small babies who are not able to suck strongly.

Side-lying Position



While this position may take a bit of practice, it is a very convenient position for when you are out and about. Simply keep baby in the sling and allow them access to your breast. This is best for older babies who can be safely placed in carriers.

Back Laying Position



You can also lie on your back and have your baby lie over you while you support baby with your arm (right arm, right breast; left arm, left breast).

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