

Breastfeeding Positions: See What Works Best for You.

The Cradle or Cuddle Hold

This position makes it easy to nurse without other people noticing. You may want to put a nursing pillow under your arm so he is closer to your breast.

- 1 Sit up straight in a comfortable chair.
- 2 Lay your baby on his side, with his stomach touching your stomach and his head in the curve of your arm.
- 3 Put your arm and hand on his back to support his neck, back and bottom.
- 4 Bring him to your breast. Do not lean forward as this may cause back pain.



The Football Hold

This is a good hold to use if you've had a Cesarean delivery, if your breasts are large or if your baby is sleepy. You may want to put a nursing pillow on your lap for comfort.

- 1 Tuck your baby at your side, under your arm with your elbow bent.
- 2 With your open hand, support her head and bring her face toward your breast with her nose to your nipple and her feet toward your back.
- 3 While breastfeeding, continue to use your arm to support her back, neck and shoulders from underneath.
- 4 Use your other hand to hold your breast if necessary.



The Side-Lying Position

This is another good hold if you've had a Cesarean delivery, if sitting up is uncomfortable or you wish to rest while you nurse. Remember not to sleep with your baby after feeding — put him in a crib or bassinet to sleep.

- 1 Lie on your side with your baby facing you.
- 2 Support his body with your free arm and his head with your hand.
- 3 Pull your baby close and guide his mouth to your breast.
- 4 Once he latches on, you can use your bottom arm to support your own head.



The Cross-Cradle Hold

This hold works well if your baby has trouble latching on or if your baby is small, premature or has special needs.

- 1 Sit up straight in a comfortable chair.
- 2 Hold your baby with the arm opposite the breast you want to nurse from. For example, if you are nursing from your left breast, use your right hand and arm to hold her.
- 3 Your baby's chest and stomach should be directly facing you.
- 4 Put the palm of your hand on your baby's neck, supporting her head with your thumb behind the ear and other fingers supporting her cheek. Bring her to your breast. Remember—don't push her head into your breast.



Breastfeeding – Simply the Best

To get help with breastfeeding, talk to your health care provider or call 311.
You can also call the National Breastfeeding Helpline at 1-800-994-9662.