

BREASTFEEDING POSITIONS

Four key points for good positioning:

- + Baby's head and body should be in line.
- + Hold the baby closely, with head slightly extended.
- + Support the whole body of the baby.
- + Baby's nose opposite to the nipple.



SIDE LYING



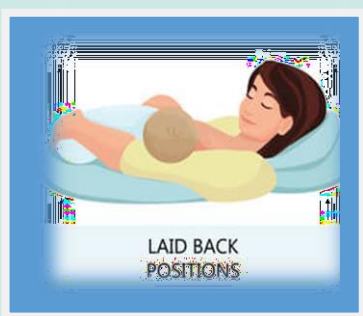
CROSS-CRADLE POSITIONS



CRADLE POSITION



FOOTBALL



LAI D BACK POSITIONS

Signs of good attachment

- + Chin touches the breast.
- + Mouth is wide open and grasps deeply.
- + Lower lip turns outward, holds more areola.
- + Cheeks are round during suckling.
- + Don't feel pain on feeding.

AFTER FEEDING THE BABY HOLD IT IN THE UPRIGHT POSITION AND PAT IT'S BACK UNTIL THE BABY BURPS. THIS IS IMPORTANT AS DOING THIS PREVENTS THE BABY FROM CHOKING.