

# BREASTFEEDING

## TRADITIONAL

- Great for mamas with a favorite chair
- Easy to visit with company or watch tv

**Tips: use support pillow to bring baby to breast. Keep shoulders back and relaxed.**



## SIDELYING

- Easy when co-sleeping
- Restful position when exhausted
- Relief for tailbone
- Allows pelvic floor to rest after episiotomy or perineal tearing

**Tips: Use pillow or blankets to bring baby up to breast if very small.**



## BABY SITTING UPRIGHT

- Works well as baby becomes alert and curious with good trunk control
- Decreases reflux for baby

**Tips: Don't bend forward to bring breast to baby, bring baby up to breast instead.**



## SEMI-RECLINED

- Provides relief from back pain that increases in sitting
- Alleviates tail bone pain if present
- Tired mamas can get rest while nursing

**Tips: Support your neck and keep ears in line with shoulders to prevent neck pain later.**



## FOOTBALL HOLD

- Allows you to feed twins simultaneously
- Different latch position if you're prone to clogged ducts

**Tips: Bring baby to you with pillows and be mindful of wrist position to avoid carpal tunnel.**

