

## Breastfeeding Positions



Mother is comfortable during feeding



A pillow behind your back and underarms will help

Sit comfortably with arm and leg support

## Make sure:

Baby's head and body is in alignment

Baby is held close



Baby is facing you and touching your body

Baby's nose opposite nipple

Baby is able to tilt head back

## Signs of effective suckling



- Slow, deep sucks and swallowing sounds
- Cheeks full and not drawn in
- Baby feeds calmly
- Mother feels no pain
- Breasts are softer after feed
- Baby finishes feed by himself, satisfied and sleep

## Attachment

Stroke baby's lips  
with your breasts

Wait until baby's  
mouth is wide  
open like a yawn



Bring baby to you  
instead of leaning  
over or pushing  
your breast into  
your baby's mouth

### Make sure:

bottom lip  
should be  
curled out

that you have  
no pain during  
breastfeeding

mouth covers lots of dark area around  
the nipple more from lower part

hear the swallowing

that the chin  
is touching  
the breast

cheeks rounded





Under Arm Position



Cradle hold Position



Laid-Back or  
Natural Position



Side Lying Position



Cross Cradle  
hold Position

## Twin Positions



Parallel hold



Underarm hold



Natural breastfeeding  
position