

Breastfeeding Education Topics for weeks 20-24

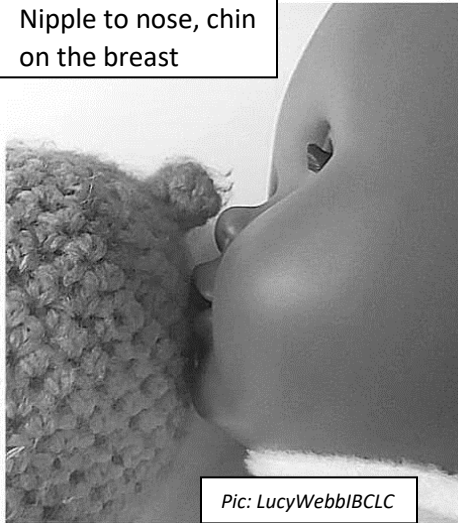


Basics of Good Breastfeeding Positioning

- ✓ Mom's body is comfortable and supported
- ✓ Baby is at your breast level
- ✓ Support your breast with your hand
- ✓ Baby's head, shoulders, hips are all facing towards you
- ✓ Baby's nose opposite your nipple
- ✓ Avoid your hand on the back of baby's head- support at the base

There is no "best breastfeeding position". The best position is one that is comfortable for mom and allows baby to breastfeed effectively.

Nipple to nose, chin
on the breast



Mom and baby's body supported and facing each other

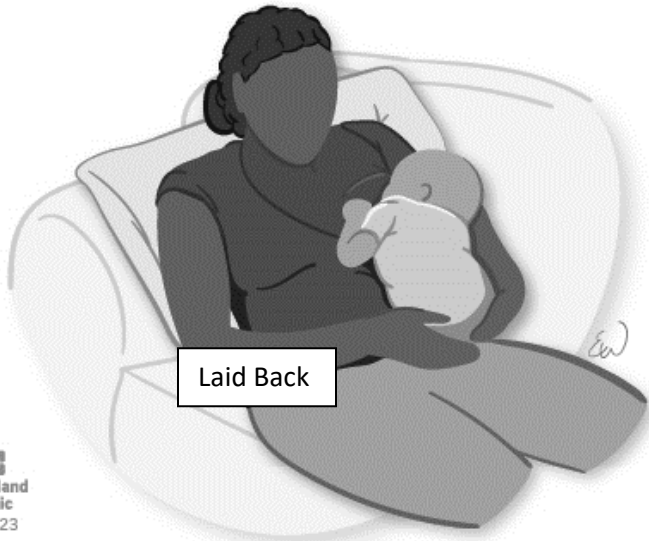


The purpose of breastfeeding pillows are to support YOU holding your baby while latched. Laying your newborn on pillows may start out great, but usually leads to pain at the end of feeding.



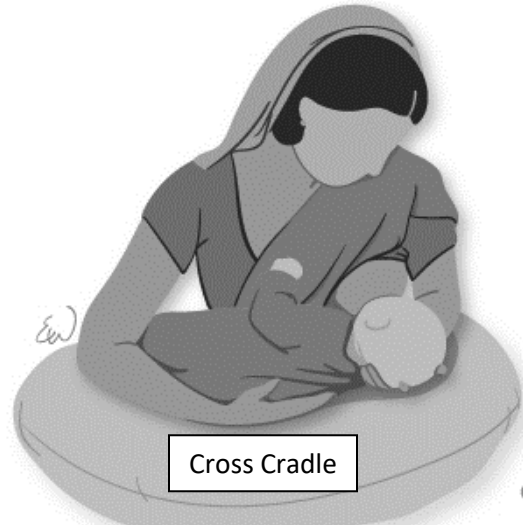
Watch breastfeeding in action!

(over)



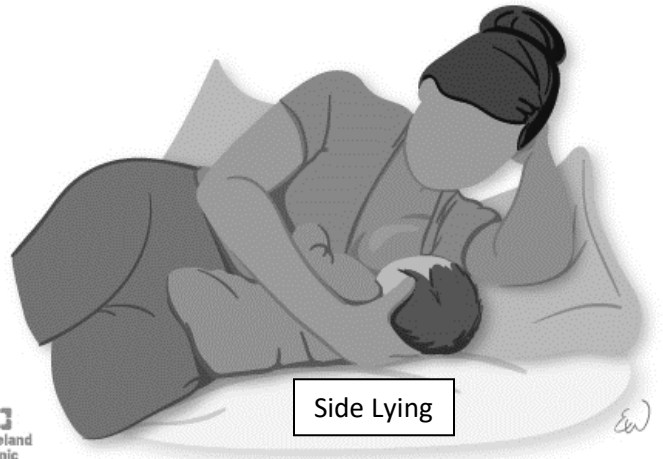
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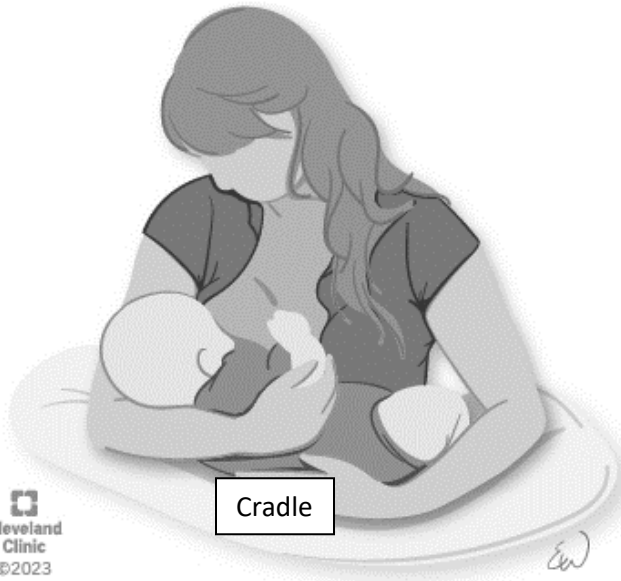
Cross Cradle

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Side Lying

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Cradle

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Football

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