

Breastfeeding Positions

for successful latching

A good latch

A good latch allows your baby to get enough milk and feed easily, without causing you nipple pain.

Baby should have a big mouthful of breast, not suck on your nipple. Bring baby to breast not breast to baby.



Laid back hold

- Lean back a little on a couch or chair
- Place baby on your tummy
- Baby will find nipple and latch on
- A relaxed, easy position

Cradle hold

- Cradle baby's head near the crook of your arm
- Hold baby tummy-to-tummy
- With your free hand, offer your breast



Cross-cradle hold

- Support baby's neck with your hand
- Let baby rest against your forearm
- Hold baby tummy-to-tummy
- Use your free hand to offer your breast



Football hold

- Hold baby at your side
- Support the back of baby's neck
- Baby's back rests on your forearm
- Baby's head is level with your breast
- Use your other hand to offer your breast



Side-lying hold

- Lie down on your side
- Lie baby down to face your nipple
- A good hold if you've had a C-section

