



**Bayside Medical Group, Inc.**

www.baysidemed.com

**BREASTFEEDING TIPS**

## Tips for Every Feeding Position

### **Support your body.**

Choose a comfortable chair with armrests, and use pillows—lots of them—to lend extra support your back and arms. (Most sofas are not supportive enough to sit on while breastfeeding.) Put a few cushions under your feet, too, to avoid bending towards your baby. A footstool, coffee table, or stack of books works just as well. A pillow or folded blanket on your lap can also keep you from hunching over. No matter which breastfeeding position you use, remember to bring your baby to your breast, rather than the other way around.

### **Support your breasts.**

Your breasts get bigger and heavier during lactation. As you breastfeed, use your free hand to support your breast with a C-hold (four fingers underneath the breast at 9 o'clock with your thumb on top at 3 o'clock) Note: It's important to keep your fingers at least 2 inches behind the nipple and areola so that your baby doesn't suck on them instead.

### **Support your baby.**

Feeling comfortable and secure will help your baby to feed happily and efficiently. Use your arm and hand, plus pillows or a folded blanket, to support your baby's head, neck, back, and hips and keep them in a straight line. You can swaddle her or gently hold her arms by her side to make breastfeeding easier.

### **Vary your routine.**

Experiment to find a breastfeeding position that you find most comfortable. Many women find that the best way to avoid getting blocked milk ducts is to regularly alternate breastfeeding holds. Because each hold puts pressure on a different part of your nipple, you may avoid getting sore nipples, too.

*Another tip:* If you alternate which breast you feed from first, you'll boost milk production.

### **Relax, then breastfeed.**

Take a few deep breaths, close your eyes, and think peaceful, calming thoughts. Keep a tall, cool glass of water, milk, or juice on hand to drink while you breastfeed—staying hydrated will help you produce milk.

### **Time to stop?**

Ideally, your baby will decide she's had enough when she's drained one or both breasts. If you need to change your baby's position, switch her to the other breast, or end her feed for any reason, gently insert your finger into the corner of her mouth. A quiet "pop" means you've broken the suction (which can be remarkably strong!), and you can move her away.