



UW Medicine

## 让宝宝紧贴您的乳房

躺卧式、跨胸怀抱式、抱橄榄球式及侧卧式

本章节为您解说了四个母乳喂养的位置：坐卧式、跨胸怀抱式、抱橄榄球式及侧卧式

母乳喂养是最健康的婴儿喂养方式。也是一项需要时间和练习的技能。

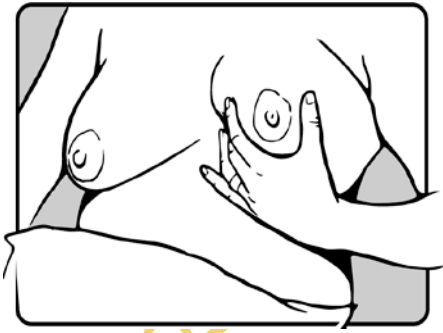
母乳喂养的关键是宝宝的嘴紧贴着乳房（“含紧”）。找到最适合您和您宝宝的母乳喂养位置可能需要您、您宝宝和您的助手的共同努力。您的护士也很乐意为您提供帮助！

### 适用于各种哺乳姿势的建议

- 从一个平静的婴儿开始。如果您的宝宝在哭，请先把宝宝竖着抱、轻轻地摇摇宝宝、或用干净的手指让宝宝吮吸来使他们平静下来。
- “关注”宝宝。放下电话、双手空下来、坐着或躺着、先让自己的位置舒适。
- 轻轻地将乳头碰到宝宝的嘴唇。这样就会鼓励您宝宝抬起头来、将宝宝朝向您的乳房。还可以帮助您的宝宝张大嘴巴。
- 将乳头的尖端对准宝宝的上颚。
- 确保宝宝的嘴巴围绕乳晕的一部分，而不仅仅是乳头。



良好的贴紧或“含紧”是母乳喂养成功的关键。



先将您的手成“U”型来准备挤出乳汁



以三明治法来压挤乳房

- 如宝宝没有张大嘴巴、可试着挤一两滴奶。这就告诉宝宝您已经准备好母乳喂养了。挤奶的方法：用手从乳房下面托住乳房，将手指和拇指成“U”形放在乳晕边缘（乳头周围的深色区域）上。请参见左图。
  - 在手指和手压入乳房的同时、将手指移向拇指并保持几秒钟。多次重复此动作就会开始滴奶或流奶。然后将拇指和手指收拢转成为“C”的形状。重复。
- 这样紧含是宝宝吸奶的最好姿势：
  - 鼻尖应靠近或碰到乳房
  - 下巴应深压
  - 嘴唇要外翻
- 许多母亲在宝宝紧贴和哺乳时、需要用手支撑和使乳房定型、所谓的“三明治”法。请参见左图。
- 吸吮通常是有节奏的。宝宝会停顿一会儿、然后又开始用力吮吸。
- 宝宝吃饱了、他们就停止吮吸、通常会松开您的乳房。
- 当宝宝正确地含着乳头时、您可能会感到强烈的吸力。如您感到不适、在吮吸几次后不适就会减轻。
- 如 30 秒后您仍然感到强烈不适、则可能是您的宝宝含得不正确。如发生这种情况、最好先停止再帮宝宝含得好些。如您需要重试、请将食指滑入宝宝口腔的一侧以打破吸力。



躺卧式

## 常用的哺乳姿势

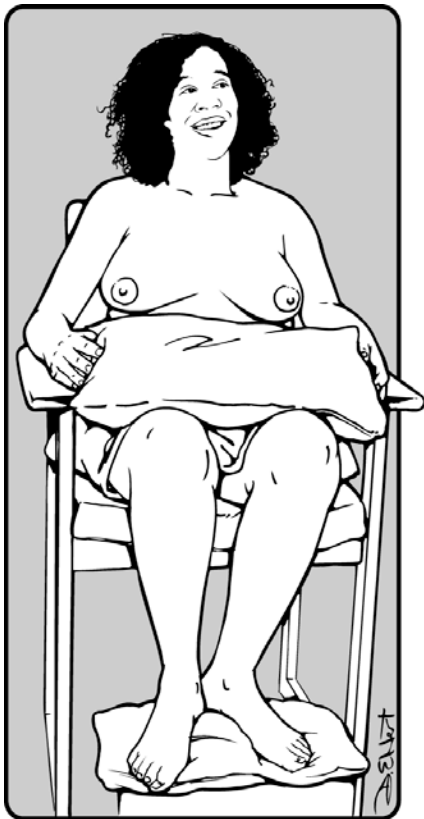
这是达到成功哺乳的 4 个常用的姿势。请注意、有些姿势在一开始时需要助手。请等到有人帮助您后再尝试这些姿势。

### 坐卧式

坐卧式可以帮助您与宝宝一起时感到更舒适。它还有助于宝宝发挥吸乳的本能。在这个姿势、您可以看着宝宝、在必要时也可帮着宝宝。

采用坐卧式：

- 找到可以向后斜靠并有良好支撑的床或沙发。不要躺平、只是容易向后倾靠。
- 确保头和肩膀有好的支撑。使用枕头、床或高背椅子。
- 把宝宝放在胸口时、请在一只手或两只手臂下用垫子撑托住。宝宝的整个身体正面都贴着您身体的正面。
- 让宝宝的脸颊贴在裸露的乳房附近。注意宝宝准备进食的讯号。您可看到宝宝会：
  - 嘴或舌移动
  - 手移至嘴巴
  - 头左右摆动、寻找乳头
- 尽可能多地帮助宝宝。您们是一个团队！
- 您不一定需要握住乳房。
- 放松、享受彼此。

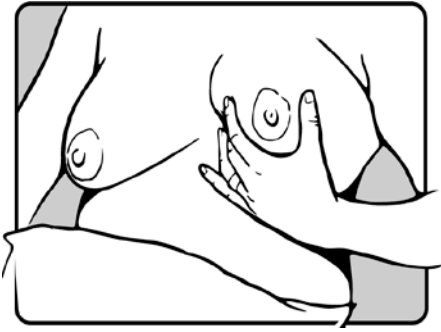


母亲先坐好、准备以跨胸怀抱式哺乳。

### 跨胸怀抱式

如含紧乳头较困难、则跨胸怀抱式可能有帮助。它可以让您协助、准备和挤压乳房、使乳头更适合宝宝的嘴巴。这个姿势还可以让您支撑和控制宝宝的头部。

大多数母亲都发现、跨胸怀抱式对任何一边的乳房都适用、但在这里我们以左乳房来解说。最好有人来帮助您垫枕头和照顾宝宝。当您在准备安顿时、您的助手也可照顾宝宝。



以您的手成“U”型来挤压乳房

按照从头到尾的顺序来做以下的步骤：

- 尽可能直坐在床上或椅子上。花些时间确保自己舒适放松。如需要、可坐在枕头上或背部加个枕头来支撑。
- 膝盖上放 1、2 个枕头。您可能需要 2 个枕头、因为您的宝宝需要与乳房保持同一个高度。
- 如您坐在椅子上、请确保双脚是踏在地上、并且膝盖弯曲成直角。这样宝宝就可以可以躺在一个稳定的地方。在脚下放脚凳或盒子也会有帮助。
- 用左手托起左乳房。将手放在乳房下方、左手拇指放在乳晕的外缘向上指。
- 将食指弯曲到乳晕的内边缘。用手形成“U”形（请参见左图）。这可帮助您调整乳房的形状以适合宝宝的嘴巴。

如按压一下、可能会看到一些乳液。宝宝会闻到尝到它。这可以帮助您的宝宝专注心吸乳。

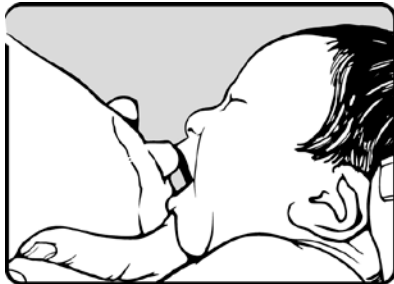
- 请您的助手站在您的右边。您的助手可以将宝宝（不包毯子）放在您膝盖的枕头上。让宝宝侧卧、鼻子正对着左乳头。
- 将右手放在宝宝的上背部。**不要**将整个右臂放在宝宝身体下面。您的右手拇指和手指要靠近宝宝的耳朵、用手支撑着宝宝的脖子（请参见下图）。



以您的手来支撑宝宝的颈部和背部。



在宝宝寻找乳头时，以三明治法来压挤乳房



当您的宝宝张大嘴巴时，请用手将他们的身体靠向自己。



从母亲的角度看跨胸怀抱式。

- 抱着宝宝使他鼻子略微向上倾斜。有时这被称为“嗅探”姿势。宝宝的手臂可以自由地“拥抱”乳房，两侧都可以。让宝宝的身体在枕头上伸展。
- 右手臂环抱宝宝的背后、让宝宝的皮肤紧贴着您的皮肤。
- 不要急着要宝宝含紧。自己先做个深呼吸、把身体放松。
- 抱住宝宝的头、使他的嘴靠近乳头、可以用乳头来轻触宝宝的嘴唇（请参阅左图）。通常这样会使宝宝嘴巴张大来寻找乳头。这种搜寻、舌头向下，嘴巴张大，被称为寻食反射。您的手保持“U”形的位置。
- 像挤乳汁一样移动手指和拇指来压挤乳房。这被称为“三明治”法。
- 寻食反应期间、当宝宝张开嘴巴并且舌头朝前时、请用右手快速拉宝宝靠近您。用手按压宝宝的背部。这样会使宝宝的身体靠近您（请参见左图）。
- 帮助宝宝顺着他的下巴。宝宝的身体在轻微的“嗅探”姿势下不卷曲。大多数情况下、您的宝宝就会大口吸母乳。
- 宝宝可能需要尝试几次才能很好地含紧。如需要重试、请用食指滑入宝宝口腔的一侧以打破吸力。
- 当您感觉有节奏的强烈吸力时、就知道宝宝含紧了。如不确定宝宝含得好不好、可试着让宝宝头部稍微离开乳房。含紧的婴儿是不会让乳头滑出的。
- 含紧时的情况：
  - 宝宝的下颚紧压着您的乳房
  - 宝宝的嘴唇是向外翻的
  - 宝宝的鼻尖碰着您的乳房
  - 宝宝的嘴巴不仅仅是含着乳头



宝宝在抱橄榄球式的位置

## 抱橄榄球式

抱橄榄球式是另一个很好的位置、如您宝宝哺乳时含不紧而其他位置却不起作用时、就可以试试抱橄榄球式的位置。请从头到尾按照所列的顺序来做。

抱橄榄球式使您可以更好地控制乳房和宝宝的身体。这个哺乳方式也很适宜双胞胎。

当您挺直坐着时、抱橄榄球式的姿势最有效。这样、您的帮手可以容易地看到哺乳进行的状况。

同样的、我们将以您的**左乳房**为例来说明位置。最好请您的助手站在您的左侧

- 直坐在椅子上。在左侧的身体和肘部之间放置**1**或**2**个枕头。如您宝宝的位置过低、抱橄榄球式就不太舒服。
- 用右手托起左乳房。当手指握住左乳房时、将拇指放在乳晕的上边缘。您的手指应与婴儿的嘴唇平行（与嘴唇成一条线）。
- 将手放在这个位置上、**用手指和拇指向胸部按压、然后一起在乳晕后面来挤出奶滴。**
- 这样挤压一下、您可能就会看到一些初乳或奶汁。宝宝会闻到并尝到奶汁的味道。这有助于宝宝专注心喂养。
- 请助手把宝宝抱给您。把宝宝放在枕头上、双脚朝椅您坐的子的背面、您的左手托住宝宝的头。
- 确保宝宝的**身体朝向乳房**、并稳当地躺在枕头上。您的右手拇指仍握着左乳房、应该对着宝宝的鼻子。食指应对着与宝宝的下巴。
- 不要把宝宝抱在手臂上。应该调节左手的位置以托住宝宝的颈部、拇指和手指紧贴宝宝的耳朵。（请参见左图）。



采用足球式时、在宝宝寻找乳头时、以三明治法来压挤乳房



以抱橄欖球的姿势哺乳

- 这时宝宝的鼻子应该稍微倾斜一点。有时这被称为“嗅探”姿势。
- 宝宝的双臂可以自由地“拥抱”乳房，两侧都可以。
- 不要急着要宝宝含紧、先做个深呼吸让自己放松。
- 托住宝宝的头、这样他们的嘴刚好贴着乳头、可以用乳头轻触宝宝的上唇。这通常会使宝宝张开嘴巴寻找乳房。这种搜寻、舌头向下、嘴巴张大、被称为“觅食反射”。
- 同时移动右手的手指和拇指来压挤乳房。像挤乳汁一样。这被称为“三明治”法。（请参看左上图）
- 寻食反应期间、当宝宝嘴巴大张时、将乳头朝向宝宝的上腭（请参见左上图）。
- 用左手将宝宝的肩膀和脸靠近您。这样宝宝的下巴就贴在乳房的底部（请参阅左下图）。
- 很快地把宝宝的嘴挪到乳头。
- 宝宝的上唇应该在乳头外向外翻盖着乳晕。
- 宝宝可能需要尝试几次才能很好地含紧。当您有强烈的节奏感时、您就知道宝宝含紧了。
- 含紧时的情况：
  - 宝宝的下颚紧压着您的乳房。
  - 宝宝的嘴唇是向外翻的
  - 宝宝的鼻尖碰着您的乳房。
  - 宝宝的嘴巴不仅仅是含着乳头。
- 如不确定宝宝含得好不好、可试着让宝宝头部稍微离开乳房。含紧的婴儿是不会让乳头滑出的。

## 侧卧式

对需要躺着哺乳的妈妈侧卧姿势就很有帮助。首先、您需要有位助手。因为这姿势对宝宝头部的控制更少、对乳房的控制也更少。在医院期间您可以要求护士做您的助手。

如乳头含紧有困难则这就不是最佳位置。稍后、当您的宝宝学会了含紧乳头、并且母乳喂养良好时、侧卧姿势非常适合夜间喂养或在喂养期间休息。但宝宝在哺乳时切勿睡觉。

在这里我们以您的左乳房的位置来解说。您需要 3 个枕头和一位助手。

- 睡在枕上向左侧卧。一直侧到您左边的乳房已经贴在床上。
- 请您的助手在您的后背紧紧地塞一个枕头。
- 右腿略向前、弯膝。请您的助手在膝下放一个枕头。
- 弯起左臂、将手靠近脸部或放在枕头下面。
- 请您的助手、把包裹着宝宝的毯子或衣服拿开，将宝宝抱到您的身上宝宝的右侧。您跟宝宝是腹部贴腹部。
- 您可以将右手放在宝宝的肩膀或臀部。拉宝宝靠近您。这样宝宝就会在“嗅探姿势”。在等待宝宝含紧时、您可能需要助手来以“三明治”法挤压乳房。
- 寻食反应期间、当宝宝嘴巴大张时、即刻带宝宝靠近乳房。帮助宝宝含满乳房、可能需要尝试几次才能很好地含紧。
- 含紧时的情况:
  - 宝宝的下颚紧压着您的乳房
  - 宝宝的嘴唇是向外翻的
  - 宝宝的鼻尖碰着您的乳房
  - 宝宝的嘴巴不仅只是含着乳头





要观看有关母乳喂养姿势的视频、请上全球健康媒体网站：[globalhealthmedia.org](http://globalhealthmedia.org)。

点击“我们的视频 (Our Videos)”，然后点击“母乳喂养 (Breastfeeding)”，然后点击“母乳喂养的位置 (Positions for Breastfeeding)”。

- 宝宝含紧后、您也可以用小毯子或毛巾卷起来放在宝宝背后作为支撑（请参见下图）。



在侧睡的位置哺乳时可把毯子卷起来支持宝宝的背部

### 多练习就容易了

在第一个星期左右练习含紧是很值得的。含得好可以防止乳头受伤。而且含得好的宝宝会从您的乳房中吸得更多的奶汁。

采用这些姿势练习吸吮之后、宝宝会越来越不需要帮助。很快地、您只要把宝宝靠近您的乳房、宝宝就会紧含得很好而不需要任何的协助！

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

## 您有疑问吗？

我们很重视您的提问。如您对哺乳有任何的问题、请致电华大医疗中心哺乳辅导：206.598.4628

## Attaching Your Baby to Your Breast

*Laid-back, cross-cradle, football, and side-lying positions*

*This handout describes 4 positions for breastfeeding: laid-back, cross-cradle, football hold, and side-lying.*

Breastfeeding is the healthiest way to feed your baby. It is also a skill that takes time and practice.

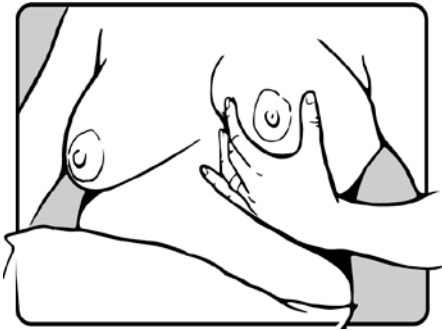
The key to good breastfeeding is deep attachment (“latch”) of your baby’s mouth to your breast. Finding the breastfeeding position that works best for you and your baby may take effort from you, your baby, and your helper. Your nurses are ready and happy to help you, too!

### Tips for Any Position

- Start with a calm baby. If your baby is crying, calm them down by holding them upright, rocking them gently, or giving them your clean finger to suck on.
- “Tune in” to your baby. Put down your phone, have both hands free, and sit or lie so that you feel comfortable.
- Gently touch your nipple tip to your baby’s lips. Doing this encourages your baby to lift and turn their head toward your breast. It also helps your baby’s mouth to open wide.
- Aim the tip of your nipple to the roof of your baby’s mouth.
- Make sure your baby’s mouth goes around some of your breast, not just your nipple.



*Good attachment or “latch” is the key to successful breastfeeding.*



Getting ready to express drops of milk, with hand in a “U” shape at your breast.



Sandwiching the breast.

- If your baby is not opening their mouth wide, try to express a drop or two of milk. This tells your baby you are ready to breastfeed. To express drops of milk:
  - With your hand scooped under your breast, place your finger and thumb in a “U” shape on the edge of your *areola* (the dark area around your nipple). See drawing at left.
  - While pressing your fingers and hand into your breast, move your fingers toward your thumb and hold for a few seconds. Do this motion several times to start milk dripping or flowing. Then rotate your thumb and finger to a “C” position. Repeat.
- For best latch, while your baby is sucking:
  - The tip of their nose should be close to or touching your breast
  - Their chin should be pressed in deep
  - Their lips should be rolled out
- Many mothers need to use their hand to support and shape their breast to keep it “sandwiched” while their baby is attaching and feeding. See drawing at left.
- Sucking is usually rhythmic. Your baby will pause for a short time and then have more bursts of sucking.
- When your baby is done, they will stop sucking and usually let go of your breast.
- When your baby is latched onto your breast correctly, you will probably feel a strong pulling. If you feel any discomfort, it should lessen after the first few sucks.
- If you still feel strong discomfort after 30 seconds, your baby is probably not latched correctly. If this happens, it is best to stop and help your baby get a better latch. If you need to try again, break suction by sliding your index finger into the side of your baby’s mouth.



Laid-back position

## Common Positions for Breastfeeding

Here are 4 common positions for successful breastfeeding. Note that some positions require a helper in the beginning. Wait until you have someone to help you before you try those positions.

### Laid-back Position

The *laid-back* position can help you feel more comfortable with your baby. It also helps your baby's natural breastfeeding instincts to become active. In this position, you can watch and help your baby as needed.

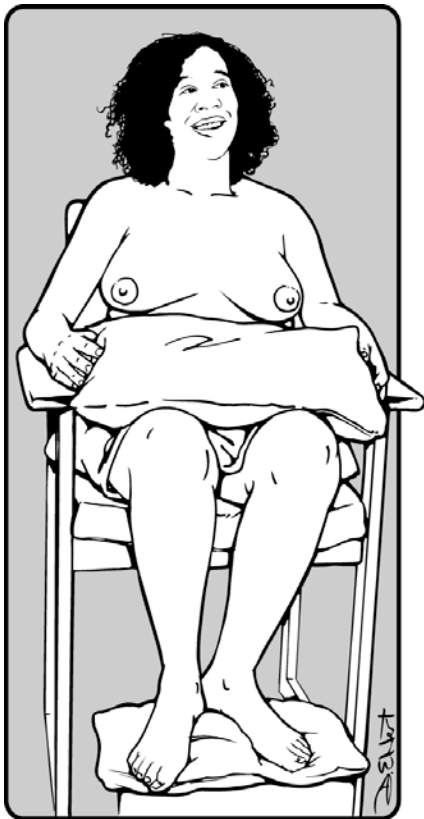
To use the laid-back position:

- Find a bed or couch where you can lean back and be well supported. Do not lie flat, but just easily lean back.
- Make sure your head and shoulders are well-supported. Use a pillow, the bed, or a chair with a high back.
- When you put your baby on your chest, give support with one or both arms. Your baby's body should be nested into yours. Make sure that the whole front of their body is against your front.
- Let your baby's cheek rest somewhere near your bare breast. Watch for signs of being ready to feed. You may see your baby's:
  - Mouth or tongue move
  - Hands move to the mouth
  - Head bob around, looking for your nipple
- Help your baby as much as you like. You're a team!
- You may or may not need to hold your breast.
- Relax and enjoy each other.

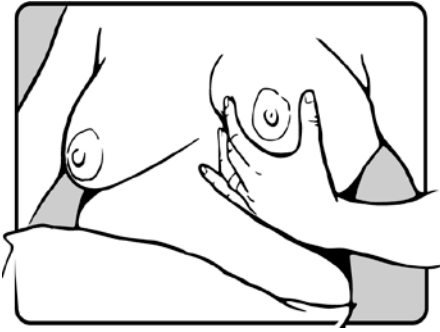
### Cross-cradle Position

The *cross-cradle* position can be helpful if you are having a hard time with latching. It lets you support, prepare, and compress your breast so it will fit better into your baby's mouth. This position also allows you to support and control your baby's head.

Most mothers find that cross-cradle works well for either breast, but here we will describe it for your **left** breast. It is best to have



Mother sitting up, getting ready to feed her baby in cross-cradle position.



*Form a “U” shape at your breast with your hand.*

someone to help with pillows and your baby. Your helper can also tend to your baby while you get settled.

Follow these steps in the order they are written, from start to finish:

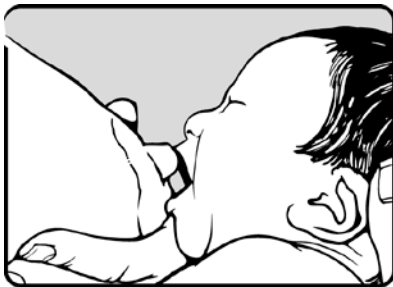
- Sit up as straight as you can in bed or in a chair. Take the time to make sure you are comfortable and relaxed. If needed, sit on a pillow or use some extra back support.
- Place 1 or 2 pillows on your lap. You may need 2 pillows since your baby needs to be at the same level as your breasts.
- If you are sitting in a chair, make sure your feet touch the floor and your knees are bent at right angles. This provides a stable place for your baby to lie. Having a footstool or a box under your feet can help.
- Scoop up your left breast with your left hand. Position your hand under your breast, with your left thumb pointing up along the outer edge of your areola.
- Curve your index finger around the inner edge of your areola. This forms a “U” shape with your hand (see drawing at left). This will help you shape your breast to fit in your baby’s mouth.
- If you hold pressure for a moment, you may see some milk. Your baby will smell and taste it. This helps your baby focus on feeding.
- Have your helper stand by your right shoulder. Your helper can place your baby (without blankets) on the pillow(s) on your lap. Make sure your baby is side-lying, with your baby’s nose right across from your left nipple.
- Place your right hand on your baby’s upper back. Do **not** put your right arm all the way under your baby. Your right thumb and fingers will hold near your baby’s ears and your hand will support their neck (see drawing below).



*Your hand will support your baby’s upper back and neck.*



*Sandwiching the breast, with baby rooting.*



*When your baby's mouth is open the widest, use your hand to bring their body toward you.*



*A mother's view of baby in cross-cradle hold.*

- Hold your baby so that their nose is tipped up just a bit. This is sometimes called a “sniffing” position. Your baby’s arms can be free to “hug” your breast, one on either side. Let your baby’s body stretch out on the pillow.
- Your right arm supports from behind. This lets you hold your baby close, skin-to-skin.
- Do not be in a hurry to get a latch. Breathe and relax.
- Hold your baby’s head so that their mouth is just close enough to tickle their upper lip with your nipple (see drawing at left). This often makes babies open their mouth wide as they search for the breast. This searching, with tongue down and mouth wide, is called *rooting*. Your hand stays in the “U” position.
- Compress your breast by moving your finger and thumb together as you did to express the drops of milk. This is called “sandwiching” the breast.
- During rooting, when your baby’s mouth is open the widest and their tongue is forward, use your right hand to quickly pull your baby forward. Press on your baby’s back with your hand. This will bring your baby’s body toward you (see drawing at left).
- Help your baby lead with their chin. Keep your baby’s body uncurled in the slight “sniffing” position. Most times, your baby will take in a big mouthful of breast.
- It might take several tries for your baby to latch on well. If you need to try again, break suction by sliding your index finger into the side of your baby’s mouth.
- You will know your baby is latched on when you feel a strong rhythmic pulling. If you are not sure your baby is latched on well, try letting their head come away from your breast just a little bit. A baby who is latched on well will not let your nipple slip out.
- When you have a good latch:
  - Your baby’s chin is pressed into your breast.
  - Your baby’s lips are curled out.
  - The tip of your baby’s nose is touching your breast.
  - More than just your nipple is in your baby’s mouth.



*Baby in football position.*

### **Football Position**

Football position is another position that can be helpful if you are having a hard time with latching and other positions are not working. Follow the steps given in the order they are written, from start to finish.

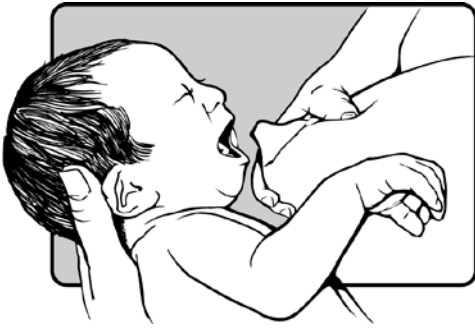
The football hold gives you more control of your breast and your baby's body. It can also work well if you are feeding twins.

Football position works best when you are sitting up very straight. This way, a helper can easily see what is happening.

Again, we will explain the position using your **left** breast as an example. It is best for your helper to stand by your left side.

- Sit up straight in a chair. Place 1 or 2 pillows between your body and your elbow on your left side. Football position is uncomfortable if your baby is too low.
- Scoop up your left breast with your right hand. As your fingers hold your left breast, place your thumb on the upper edge of your areola. Your fingers should be parallel to (in the same line as) your baby's lips.
- With your hand in this position, try to **express drops of milk by pressing your finger and thumb in toward your chest, then together behind the areola.**
- If you hold that pressure for a moment, you will probably see some colostrum or milk. Your baby will smell and taste that milk. It will help your baby focus on feeding.
- Have your helper pass you your baby. Place your baby on the pillow(s) with their feet toward the back of the chair and their head in your left hand.
- Make sure your baby's body is turned toward your breast and firmly supported on the pillow. Your right thumb, still holding your left breast, should be across from your baby's nose. Your index finger should be across from your baby's chin.
- Do not try to hold your baby on your arm. Instead, slide your left hand down to hold the base of their neck, with your thumb and fingers grasping close to their ears (see drawing at left).





*“Sandwiching” the breast in football position while the baby is rooting.*



*Feeding in football position.*

- Your baby’s nose should be tipped up just a bit in this hold. This is sometimes called a “sniffing” position.
- Your baby’s arms can be free to “hug” your breast, one on either side.
- Do not be in a hurry to get a latch. Breathe and relax.
- Hold your baby’s head so that their mouth is just close enough to tickle their upper lip with your nipple. This often makes babies open wide as they search for the breast. This searching, with tongue down and mouth wide, is called *rooting*.
- Compress your breast by moving your finger and thumb together as you did to express the drops of milk. This is called “sandwiching” the breast (see drawing at upper left).
- During rooting, when your baby’s mouth is open the widest, aim your nipple toward the roof of their mouth (see drawing at upper left).
- Use your left hand to bring your baby’s shoulders and face in close. This will cause your baby’s chin to land on the underside of your breast (see drawing at lower left).
- Quickly finish moving their mouth onto your breast.
- Your baby’s top lip should come up beyond your nipple and curl onto your areola.
- It might take several tries before your baby gets hold of your breast. You will know your baby is latched on when you feel a strong rhythmic pulling.
- For a good latch, make sure that:
  - Your baby’s chin is pressed into your breast.
  - Your baby’s lips are curled out.
  - The tip of your baby’s nose is close to your breast.
  - More than just your nipple is in your baby’s mouth.
- If you are not sure your baby is latched on well, try letting their head come away from your breast just a little bit. A baby who is latched on well will not let your nipple slip out.

## **Side-lying Position**

*Side-lying* position can be helpful for moms who need to lie down for a feeding. At first, you will need a helper for this position. This is because you will have less control of your baby's head and less control of your breast. In the hospital, you can ask your nurse help you with this position.

This is usually not the best position to try if latching is a problem. Later, when your baby has learned to latch and breastfeeding is going well, side-lying position is great for night feedings or resting during feedings. Do **not** sleep when your baby is at your breast.

Here we will describe the position for your **left** breast. You will need 3 pillows and a helper.

- Lie down flat on your left side with a pillow under your head. Turn so far onto your left side that your left breast is on the bed.
- Have your helper place a pillow firmly behind your mid-to-low back.
- Bring your right leg forward a little and bend your knee. Have your helper place a pillow under your knee.
- Curl your left arm up and place your hand by your face or under the pillow.
- Now your helper can place your unwrapped baby on their right side on the bed in front of you. You and your baby should be tummy-to-tummy.
- You can place your right hand behind your baby's shoulders or their bottom. Pull your baby in close. This helps your baby be in the "sniffing position." You may need your helper to "sandwich" your breast while you wait for your baby to latch.
- When your baby is rooting and their mouth is open the widest, quickly guide your baby forward and onto your breast. Help your baby get a big mouthful of breast. It may take several tries to get a good latch.
- When you have a good latch:
  - Your baby's chin is pressed into your breast.
  - Your baby's lips are curled out.
  - The tip of your baby's nose is close to your breast.
  - More than just your nipple is in your baby's mouth.



To watch a video about breastfeeding positions, visit [globalhealthmedia.org](http://globalhealthmedia.org).

Click on "Our Videos," then on "Breastfeeding," then on "Positions for Breastfeeding."

- Once your baby is latched, you may want to place a small rolled blanket or thick towel behind your baby for support (see drawing below).



*A rolled blanket supports the baby's back in the side-lying position.*

### **Practice Makes It Easier**

Working on the latch in the first week or so is worth the effort. A good latch can keep you from having nipple damage. And, a baby who is latched well gets more milk from your breast.

After some practice sucking in one of these positions, your baby will probably need less and less help latching. Soon, you will put your baby close to your breast and the latch will happen without any help!

**Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.**

## Questions?

Your questions are important. If you have questions about breastfeeding, call UWMC Lactation Services: 206.598.4628