



BREASTFEEDING POSITIONS

LAID BACK POSITION



You are leaning back, semi-recumbent with the baby resting on your stomach.

In this position, baby uses his reflexes to find the breast and does not need to be supported at the back. This position can be very useful if the flow of milk is too fast for baby.





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THE CROSS CRADLE POSITION

With a newborn, the “cross cradle” position offers two advantages: it allows the mother to support the baby well and to see how he latches on. Many mothers find it useful in the first weeks.

In this position, your baby rests on the arm opposite the breast that feeds him. If you breastfeed from your right breast, you support your baby with your left arm.



You hold your baby against your chest by pressing on his buttocks with your forearm. Your fingers, except your thumb, support the weight of your baby's head so that it is still free to move slightly.

Avoid putting pressure on their head with your fingers or the palm of your hand, as babies do not like this pressure. They then move their heads back and some will no longer be able to latch on well. If this happens, readjust your position.

With your right hand, hold your right breast. Your thumb is placed on the outer side of your breast and your other fingers on the inner side, away from the nipple and areola, so as to form a “U”.



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FOOTBALL POSITION



The baby is on his side at waist height, supported by a cushion and held by your arm.

His neck rests in the palm of one hand. Your fingers, except your thumb, support the weight of your baby's head so that it is still free to move slightly.

The palm of your left hand is placed on his shoulder blades and not on his head. Your other hand supports the breast. Avoid putting pressure on their head with your fingers or the palm of your hand, as babies do not like this pressure.



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MINDFUL LATCHING

Mindful latching, a concept introduced by IBCLC Tatiana Kondroshova from Moscow, Russia, revolves around finding a breastfeeding position that enables you to move and engage with your environment comfortably. This involves supporting both your and your baby's body positions.

The philosophy of mindful latching is based on the art of movement and the sciences of biomechanics. It emphasizes dynamic movement, drawing from traditional bodily techniques to promote awareness through movement and maternal concentration.

Mindful latching aims to provide a breastfeeding experience where you can live and move comfortably, promoting a positive and enjoyable bonding experience for both you and your little one.

Additional Information:

- Baby's body is lying on mom's body, promoting close contact and support.
- Dynamic movement allows for natural positioning and adjustment during breastfeeding.
- Traditional bodily techniques provide a foundation for mindful latching.
- Awareness through movement enhances the connection between mother and baby.
- Maternal concentration supports a focused and attentive breastfeeding experience.



BREASTFEEDING POSITIONS

THE CRADLE POSITION



Your baby is placed against your stomach, his head supported by his elbow and his buttocks held by one hand.

With your right hand, you hold your left breast. Your thumb is placed on the outer side of your breast and your other fingers on the inner side, away from the nipple and areola, so as to form a "U".



BREASTFEEDING POSITIONS

SIDE LYING POSITION



You are lying on your side, a cushion between your legs and on your back, the upper leg is folded so as not to tip forward. Baby lies facing you, away from the edge of the bed, his mouth at nipple level.



If it is not at the right height, you can put a folded towel under it. The support of your partner will especially help you in the first days.