



BREAST FEEDING POSITIONING

Adopting a comfortable feeding position is important to avoid repetitive strains on your body that can lead to pain in the back, neck shoulders and arms. Alternative positions can also help if your baby is having problems latching. Try out some of these positions and use the ones that you find most comfortable. You don't have to just stick to one.

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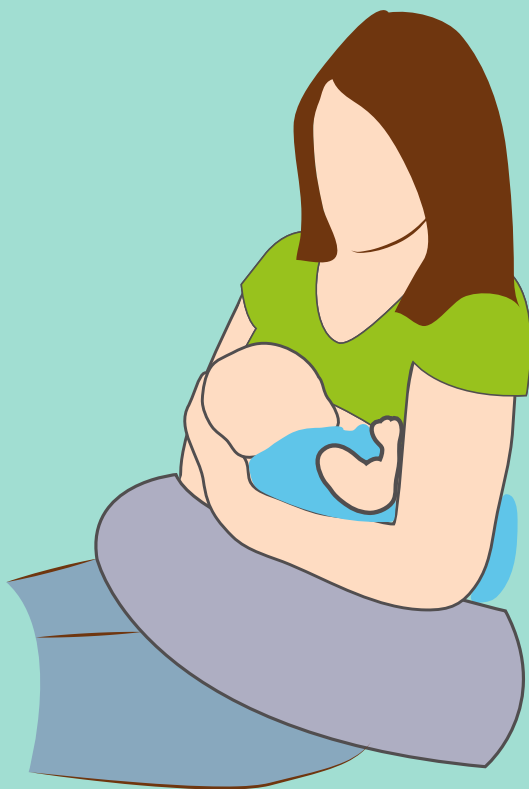
CRADLE HOLD

Hold your baby across your lap, supporting them with the same arm as your breast. Use a cushion under your supporting arm and ensure you are sat in a chair that can support your back.

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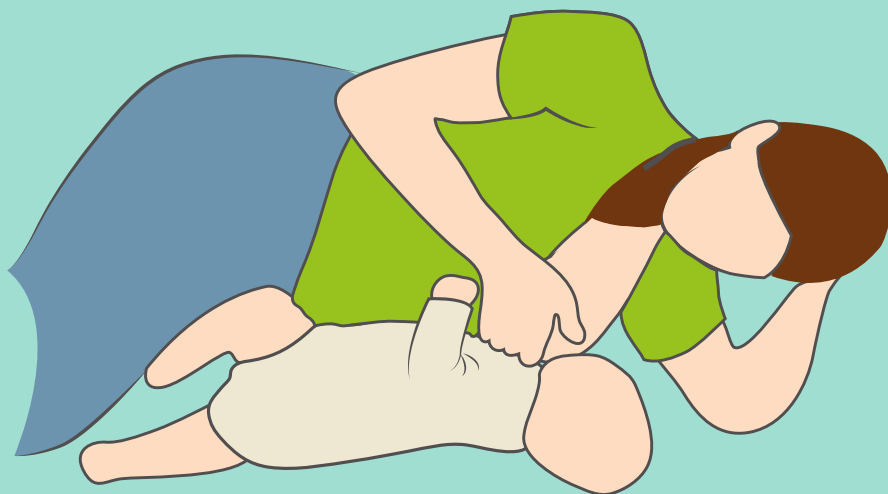
RUGBY BALL

This position is good for post C - section mums during early nursing as it allows support and control. Use a pillow under your baby to support their position and make sure your lower and upper back are supported.

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SIDE - LYING

This position is ideal for a relaxed night feed. Lay down on your side with your babies body parallel to yours. Use pillows to ensure you and your baby are aligned and supported. This position may help with latching if your baby is having problems.

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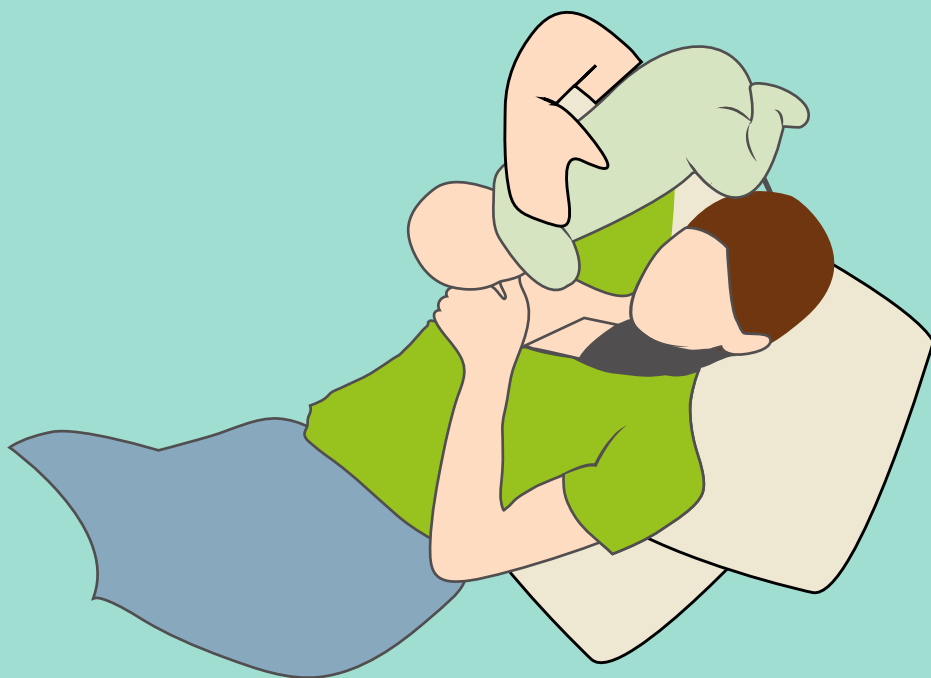
LAID-BACK FEEDING

This is often used when baby is first born and allows for good skin to skin contact and activates the breast crawl instinct in the newborn, who will try to move to the breast and latch on. However, it can be a great position for any age. Lay semi reclined with your baby laying over your stomach. Use pillows for support.

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LAID-BACK FEEDING

This is an adaption of the laid back positioning for those that have had a C-section. Place a pillow behind you for support and one under the arm/shoulder of your feeding side. Place your baby over your shoulder and allow them to latch on.

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CRADLE HOLD (OPPOSITE ARM)

Position baby across your lap, using a pillow for support if needed. Using the opposite arm to the breast being used for feeding, cradle your baby's body and support their head and neck with your hand. This technique allows you to have a hand free to use for multitasking.

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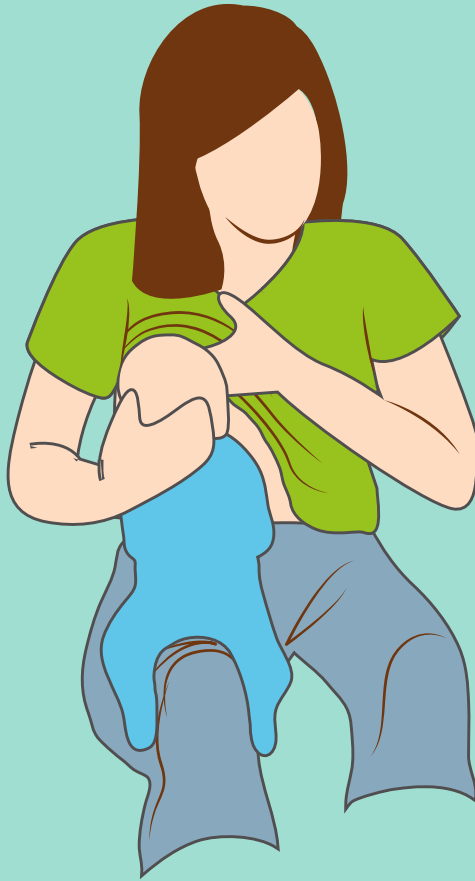
FEEDING TWINS

The double rugby ball hold is a great breastfeeding position for when your twins are both hungry and to allow you to do something other than feed them. You will need a pillow to allow your babies to reach your breasts.

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KOALA HOLD

In this upright hold, your baby will sit straddling your thigh, with spine and head in an upright position. This position is for a older baby, but can be used for newborns, but they will need bolsterring and support.

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KEEP MOVING

Breast or bottle feeding, settling baby to sleep or just snuggling with your little one can mean that you are sat in the same position for long periods of time. Maintaining strength and mobility is essential to prevent aches and pains associated with feeding. Use these techniques to help.

Backstroke swimming -

circle your shoulders and arms as though you were swimming backstroke, but at the same time twist your spine and neck in the same direction. Do this at least 10 times each side.

Shoulder shrugs -

Shrug your shoulders as hard as you can for two seconds and then let them drop, along with your arms to your waist, breathing out as you do so.

Cat cow -

Position yourself on all fours and arch your back to the ceiling, pulling your belly button up into your stomach and hold for 3 seconds. Then relax and let your spine arch in the opposite direction for 3 seconds.

Continue until you have done this 10 times.

If you would like any further advice or would like to chat to our osteopath then you can call or text **07891718780** or book a free 15 minute online consultation by visiting

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