

1



Whatever position you feed your baby in, your baby needs to be 'nose to nipple and tummy to mummy'.

2



To breastfeed your baby while sitting, make sure you're sitting comfortably. If you need to lean over to reach your baby, it's a good idea to use a pillow on your lap to raise your baby to your breast. This is highly recommended, especially in the early days of breastfeeding, and will help prevent backache.

3



Hold your baby so they are lying on their side in your arms, on top of the pillow. Use one hand to support their neck and shoulders and the other to position them on their side, their tummy facing yours. They should turn their head towards your nipple, ready to latch on.

4



To breastfeed your baby in the 'under arm' position, with their head to your breast, tuck your baby's body and legs behind you through the crook of your arm. Make sure they are lying on their back, with their nose to your nipple. Use your arm and hand to support your baby and use the other hand to move your breast to your baby's mouth.

5



To breastfeed your baby while lying down, lie on your side in the centre of your bed and lie your baby on their side so they are facing you. Use your hand on their back to gently support your baby, keeping them close. Be careful not to fall asleep whilst using this position.



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