

1



Wash your hands and get comfortable. Sit so your back is straight and your lap is flat. Use cushions to support your back and put a pillow on your knee to lift your baby closer to your breast if necessary. This is highly recommended, especially in the early days of breastfeeding, and will help prevent backache.

2



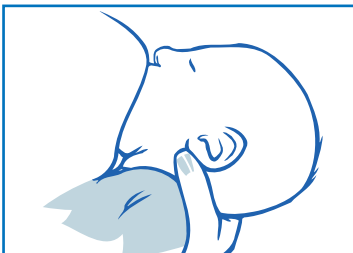
Get in a tummy-to-tummy position with your baby. Use the pillow to support your baby, which will help keep them in the right place. Use one hand to support their head and neck, and the other to help position them on their side. Your baby should be at your breast and their nose in line with your nipple. Allow their head to tilt back slightly.

3



Gently move your baby's lip across your nipple. Your baby should open their mouth wide enough to cover your nipple and the dark area around it (areola). Move your baby forward so their mouth 'latches on' to your nipple. Your baby's bottom lip and chin should touch your breast first.

4



Make sure your whole nipple, including the dark area, is in your baby's mouth, with their chin touching your breast. Your baby should have a big mouthful of breast and be breathing easily. You will feel a tingling sensation in your breast. This means that your milk is flowing. You'll see your baby's jaw moving and hear them swallowing.

5



Let your baby feed for as long as they like. If you feel your baby is still hungry and you think that your breast has been emptied, offer your other breast.

To download more free helpsheets like this, please visit our website

United Kingdom

Republic of Ireland

SMA Careline



Freephone 0800 0 81 81 80



smanutrition.co.uk/knowhow



Freephone 1800 931 832



smanutrition.ie/knowhow