

How to position your baby at the breast

In a Cross Cradle Position

Positioning Checklist

- Bring your baby to the breast in the opposite hand to the breast (cross-cradle).** Not directly across you, but tucked under the other breast and around your body, on the opposite side to the breast you are feeding on.
- Their shoulder will now be in-line with your cleavage** and their chin will land much closer to your cleavage than the base of the nipple.
- Support your baby around the neck and shoulders.** Do not bring your fingers up around the back of the baby's head. This is really important, as the baby's head needs to be free to move. Try making sure that as you hold the baby around the shoulders (at the back of the neck) your palm faces your face NOT your body.
- Bring baby to the breast, CHIN leading.** If the first thing to make contact is the chin NOT the lips it will initiate a wide-open gap. If you allow the lips to contact the breast first the baby will have a narrow gape!
- Ensure that the nipple is pointing up towards the nose, not toward the throat.** Use your other hand to exaggerate this if necessary, by 'cupping' your breast from underneath, in a U shape not a C at the side, like an underwire. Make a sandwich shape in line with your baby's mouth, so that they get more of a mouthful of breast and not just the nipple.
- Bring your baby firmly to the breast, focusing on the chin touching the breast first, NOT the mouth!** This is important so the baby gets plenty of breast into the mouth, not just the nipple.
- Your baby should feed with chin close, forehead pointing away.**
- Check that their eye line is up and out towards your armpit not in towards your body.**



Don't Worry!

This is just one of many positions that you can feed in and one that I teach mums to successfully reduce nipple pain and improve milk transfer.

If you find you are struggling to achieve this, you can book a feeding consultation with me by emailing: admin@birthbabyandyou.co.uk