

# How to position your baby at the breast

## In the Laid Back Feeding Position

### Positioning Checklist

- ✓ **Lean or lay back on a bed, in an arm chair or with your legs up along the sofa**
- ✓ **Put your baby on your bare chest** (usually slightly above your breasts to begin with). Skin-to-skin works best (particularly in the early days), but you can both be lightly dressed if you prefer.
- ✓ **Let the whole of your baby's front be in contact with your front**, vertically or at whatever angle fits you both best. **With pressure on baby's front, inside of knees and inside of ankles** as well as the palms of both hands, your baby's natural reflexes will be triggered
- ✓ **When ready to feed, your baby will begin to bob their head**, with gravity aiding keeping the baby in contact with you, they will begin to work their way toward the breast. You can help as much or as little as you want!
- ✓ **Allow the baby to place their chin on the underside of your areola** (area around the nipple), and ensure your nipple is pointing up towards the nostrils. Allow the baby to take a big mouthful of breast, chin leading.
- ✓ Support your arm/elbow with a pillow or a rolled up baby blanket
- ✓ Ensure you are comfortable and relax!



## Don't Worry!

This is just one of many positions that you can feed in and one that we 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 the Birth, Baby & You Team by emailing: [admin@birthbabyandyou.co.uk](mailto:admin@birthbabyandyou.co.uk)