comfortable positioning

How to find a position that works for you.
Mums breastfeed in lots of different positions. Sometimes you need to change, depending on where you are. It is important to find a position that suits both you and your baby for the duration of the feed. The photos below will give you some ideas but your midwife or other breastfeeding mums may also suggest some other alternatives.

You may find this ‘laid back’ position useful in the early days or if you and your baby have difficulty attaching.

If you need to take your baby off your breast to help her attach better, it’s important not to pull and force her while she is feeding – this will hurt! You can do it safely by putting the tip of your little finger between her gums to break the suction gently.

When your baby comes off the breast naturally, try winding her and offer your other breast. She may not always take it, but whether she does or not, always start her next feed with your second breast.

Remember to tuck her in close.

What if my baby is reluctant to attach to my breast?
This is fairly common in the early days, and can be caused by many things, including skin-to-skin contact being too brief, and pain relief you may have been given during birth. It is important not to try and force your baby to feed. You might find it helpful to go back to basics, just like after she was born. Lie back and give your baby plenty of uninterrupted skin-to-skin contact. Let her find her own way to your breast where she can attach herself. This will help you relax too!