

Positioning the Baby at the Breast

Prior to feeding: Put on relaxing music. Apply warm, moist compresses to breasts for 3-5min. Massage breasts with a little olive or vegetable oil for ½ min. (not on nipple or areola). Keep something to eat and drink nearby.

1. Undress baby down to a diaper and socks.
2. Sit in a chair that offers good back support.
3. Use pillows to bring the baby to breast height. If you are large breasted, place a rolled towel under your breast to give it lift and support.
4. Turn baby chest to chest and align baby's nose with your nipple. (No space between your chest and the baby's chest). Baby's arms should be on opposite sides of the breast.
5. Shape your breast to help fit your baby's mouth. Place the edge of your hand under your breast, your thumb across from the baby's nose and the tips of your index and middle fingers across from the baby's chin.
(11:00 and 5:00 or 1:00 and 7:00) "U" finger position.
6. With your opposite hand, support the base of the baby's head in the web of your hand (space between the thumb and index finger) and place the palm of your hand between the shoulder blades. Cradle-hold baby's head in "watch band" position.
7. Touch your nipple just under your baby's nose to elicit a wide, open mouth. ("Sniff" position.) This is the "baby open your mouth button".
8. Once the baby's mouth is open wide, quickly bring the baby to the breast, chin touching first, then upper lip. Release your thumb. Hold the breast until the baby is in a good sucking rhythm.
9. Hand express more milk into the baby's mouth by gently but firmly compressing your thumb and fingers together or massaging the breast toward your baby's mouth.
10. When the baby is nursing well, you can use your arm or a rolled towel under your baby's head for support.
11. To keep the baby actively sucking, rub and stimulate the baby's head, palms, and "baby on button", which is located about 2 inches below the collarbone.
12. When the baby's sucking rhythm changes from long deep draws to short, choppy sucks, remove your baby from the breast by inserting your finger into the corner of your baby's mouth. Burp baby on your lap in a sitting up position. Place baby back on the same breast or switch sides.
13. Midway through the feeding, change the baby's diaper and put baby to breast again.

Breastfeeding Strategies

1. Total feeding time equals _____.
2. To increase milk production: pump breasts immediately after breastfeeding for 15 minutes. (See pumping tips).
3. Your baby needs to have _____ ounces in place of a breastfeeding or _____ ounces after a breastfeeding.

Many babies feed at: 5-6:00am 8-9:00am 11-12:00pm 2:30-3:00pm

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Some mothers choose three feedings out of the eight to just pump for 15min. and supplement baby. (no breastfeeding.) Keep a feeding log. Simulate breastfeeding when bottle feeding.