



Natural Breastfeeding FOR AN EASIER START!

ADJUST YOUR BODY



Slope

AND



Nest

- > Use pillows to support head and arms.
- > Lean back and scoot your hips to lose your lap.
- > Lift your arms and if your baby moves, scoot more.
- > Avoid lying flat so you can look into your baby's eyes.

- > Surround your baby with your arms to make a supportive nest where your baby can rest his head.
- > To feel relaxed and comfortable, and to free your hands, use pillows under your arms, if needed.



Slide

OR



Swing

In slide, baby is lengthwise with you. In swing, baby lies on you—either straight across or diagonally.

- > Make sure your baby is tummy down on top of you with her front and yours in FULL contact without gaps.
- > Make sure your baby's head is higher than her body and that she's near your nipple to allow her to self-latch.
- > Newborns often feed more easily in frog leg position with their feet touching something and their hands free.
- > If you lift your arms, your baby stays in place. If your baby rolls, move your hips farther forward.

ADJUST YOUR BABY



ADJUST YOUR BREAST



Smooosh

OR



Squoosh

Newborns have small mouths and sometimes breast shaping helps them latch.

- > Breasts don't work like bottles. Allow your baby to self-latch rather than inserting your nipple into her mouth.
- > Finger pressure on the top of your breast may help your baby latch and see your face better.
- > Gently squeeze your breast like a too-big burger and match the breast sandwich to the baby's mouth line.