



4) Cradle Hold

- Place your baby's head in the bend of your elbow (not too far into the space).
- The baby's lower arm is tucked around the mother's side.
- Turn your baby on the side so that baby's chin faces mummy's chest, nose to nipple, and tummy to tummy.
- Support your baby's back with your arm and the bottom with your hand.

What if I have trouble finding the right position for me?

Contact your healthcare professional if you have any difficulties with positioning or latching. They will guide you until you are comfortable with breastfeeding your baby.



This brochure was produced by the National Breastfeeding Coordinating Unit (NBCU) under the Directorate of Women's Health of the Ministry of Health, Trinidad and Tobago.

This series of brochures was developed to assist mothers with any breastfeeding concerns.

Visit the Directorate of Women's Health Website for more information: www.health.gov.tt/womenshealth or speak with a Breastfeeding Counsellor at your nearest health centre or The Breastfeeding Association of Trinidad and Tobago (TBATT):

NWRHA: 623-2954 ext 2823

NCRHA: 662-7153 ext 2144

SWRHA: 225-1813

ERHA: 226-1107

TRHA: 660-4744 ext 3123

TBATT: 468-5412 (Available 24/7)

TTAM: 679-8008

TABS: 688-7688



Part 2/7

Breastfeeding Positions

2020

National Breastfeeding Coordinating Unit (NBCU)
BREASTFEEDING SUPPORT SERIES



Which breastfeeding position is the best?

The best breastfeeding position is one that is most comfortable for both you and your baby. Whichever breastfeeding position you choose, be sure to:

- Gather everything you will need to be comfortable before you start to breastfeed (e.g. a beverage, TV remote, mobile phone).
- Ensure that your baby is comfortable and well supported; head, neck and spine should not be twisted.
- Use cushions or pillows to ensure that you are relaxed and comfortable.
- Be sure that your baby latches on to your breast. If not, your nipples may become sore.

If you have problems with latching, seek support from a breastfeeding specialist at your public health facility or support group.

The following are four common positions used by breastfeeding mothers:



1) Football Hold “Underarm” or “Clutch”

- Support your baby’s head by placing your thumb and fingers beneath your baby’s ears and around the back of the neck (do not constrict head movement) then place your baby under your arm and position your baby so that the chin and chest face your breast.



2) Side-Lying

- Place your baby on the side so that their chin, chest and knees face your breast.
- Baby’s nose should be at the level of the mother’s nipple.
- Support your baby’s head and back with your opposite hand.



3) Cross-Cradle

- Support your baby’s head by placing your thumb and fingers beneath your baby’s ears and around the back of their neck. Do not limit head movement.
- Turn your baby on the side so that their chin, chest and knees face your breast.
- Position your baby across your chest.
- If necessary, use pillows to support your baby at the level of your breast.