



## *Breast Feeding Tips*

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Here at Rosemark we are pleased to provide you with information about breast feeding—the simplest, most loving gift a mother can give to her child.

### **Holds**

There are many ways to hold your baby while breast feeding.

**Cradle hold.** The first is the cradle hold. Support your baby's head in the crook of your arm and hold him with his tummy against yours. Support your breast with your free hand. Because breast exposure is minimal, the cradle hold works well when nursing away from home.

**Cross-cradle hold.** Second is the cross-cradle hold position. Hold your baby as you did for the cradle hold, but this time use the opposite arm so you are supporting his head with your hand and his body with your forearm. This hold gives you a little more control over his head.

**Football hold.** Third is the football hold. For this hold, hold your baby alongside you. Support his back with your forearm and rest his head and neck in your hand. This is a good position if you're recovering from a cesarean because it puts less pressure on the abdomen and the incision area.

**Side-lying hold.** Finally, the last hold would be the side-lying hold. This is especially useful if you want to nurse while in bed. While you are in bed, lie on your side with your baby facing toward you. Support his head in the crook of your arm to keep his mouth level with your nipple. Place a pillow behind you for added support. This hold is a good choice following a c-section.

### **Latching On**

Getting your baby to latch on correctly can often be difficult at first; but it will become easier with time. To help your baby latch on correctly, first support your breast with one hand, placing your thumb on the top and your fingers underneath. This is called the C hold. With your nipple or your finger, gently stroke from the baby's nose to his upper lip, causing him to open his mouth.

Now, as your baby opens her mouth, move the baby closer to your breast until she latches on. When the baby is properly positioned, her lips should cover the nipple and a good portion of the areola.

### **Breaking the Suction**

When your baby is finished nursing, break the suction by gently inserting your finger into the corner of her mouth and pulling toward the ear.