

# The Basic Techniques of Breastfeeding

Most of the breastfeeding problems are caused by poor attachment of the baby to the breast. Thus it is vital to learn how to feed the baby with correct positioning & attachment.

## Tips for Every Nursing Position

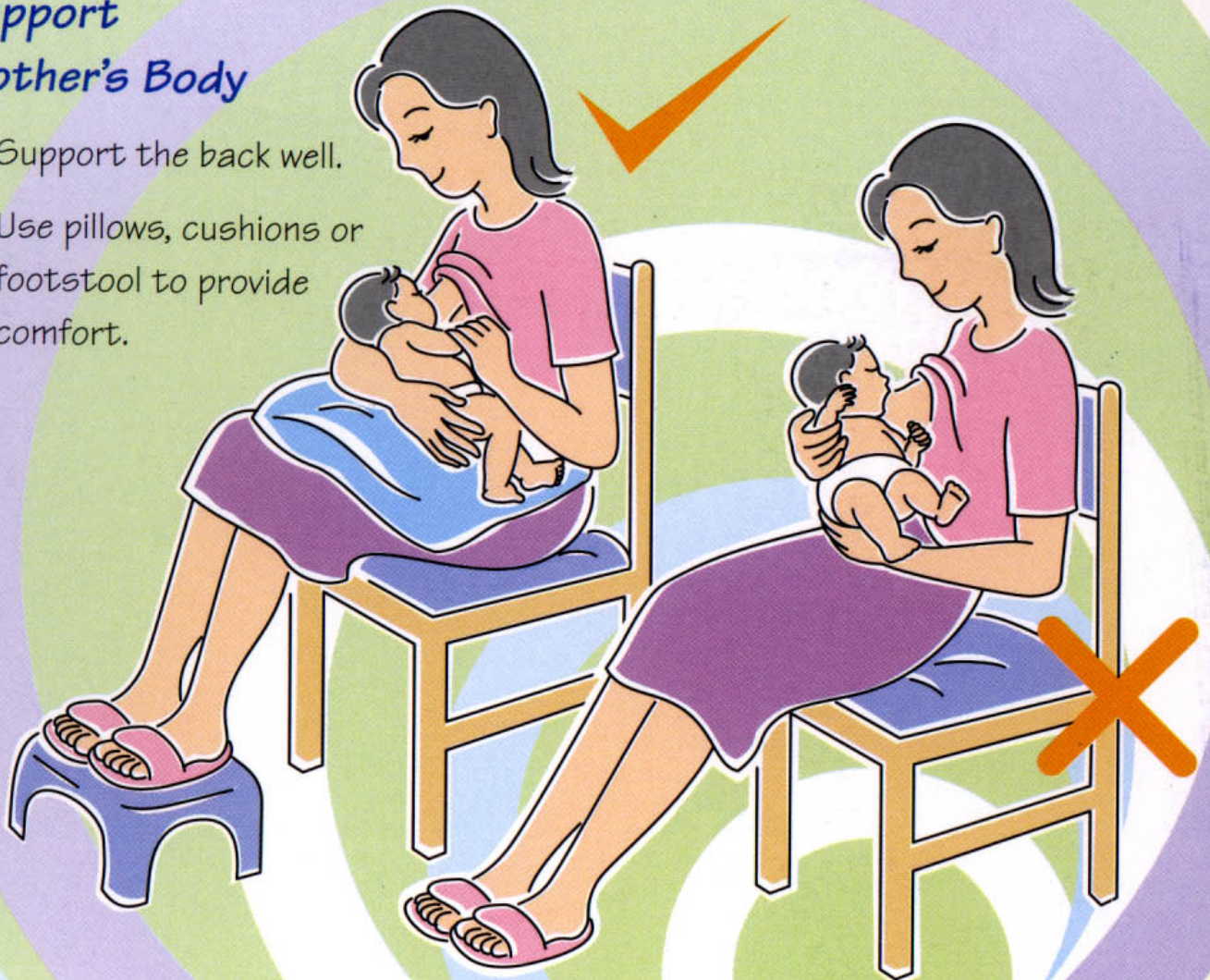
Provided that the baby's positioning & latch on to the breast (attachment) are correct, you may choose any position, which you find most comfortable to breastfeed your baby.

### ✿ Wash Your Hands Before Breastfeeding

Refer to the pamphlet "Guidelines for Good Handwashing"

### ✿ Support Mother's Body

- Support the back well.
- Use pillows, cushions or footstool to provide comfort.



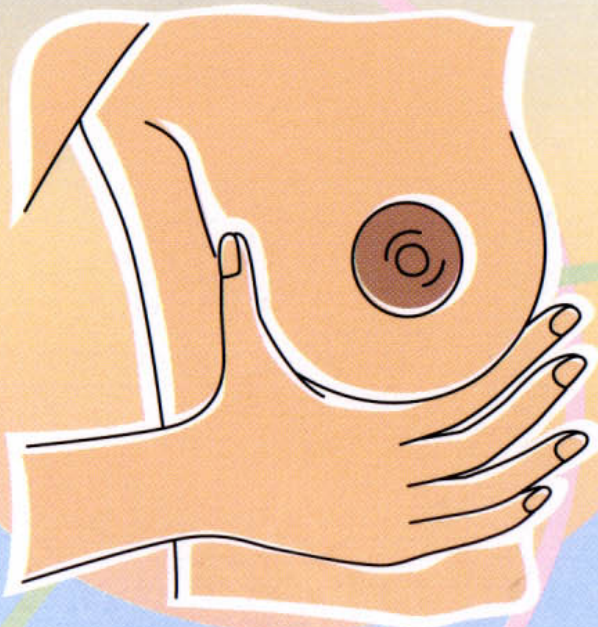
## 🌸 How to Hold the Baby

### Four Key Points

1. Baby's head & body in a straight line, head and neck not twisted.
2. Baby faces the breast with nose opposite the nipple.



3. Hold the baby as close to you as possible, making sure that the baby's arms and hands do not get in the way.
4. If the baby is a newborn, support his entire body, including his head, neck, back and bottom.



## 🌸 How to Support the Breast

- Rest your fingers on your chest wall under the breast.
- Hold your breast with thumb on top and four fingers underneath, and keep your fingers away from the areola.
- You may remove your hand once your baby is well attached.

## ❁ Getting Baby Latch on to the Breast

- Support the base of your baby's head between thumb and fingers.
- Baby's head slightly extended, so that the nipple is aimed at the roof of the baby's mouth.
- Lightly touch the baby's lips with the nipple, and wait till he opens his mouth wide.
- Bring your baby to your breast, NOT your breast to the baby.



- Breastfeeding should not hurt. If it does, slip a finger into the corner of the baby's mouth to break the suction, and gently take him off your breast. Take a short rest, to relax yourself, and try again until you get it right.

## ❁ Signs of Good Attachment

- Baby opens his mouth wide, with lips flanged out.
- More areola is seen above the baby's lips than below.
- Baby's chin is pressed onto the breast.
- Pause noticed in between sucklings.

# Breastfeeding Positions

## ✿ Sitting Positions

### 1. *The Cradle Hold*

- Hold the baby horizontally facing the mother.
- When nursing from the right breast, use the right arm to hold the baby.
- Let the baby's head rest on the forearm, while supporting his back with the same forearm, & holding his bottom with the hand.
- Make sure that the baby's lower arm doesn't get in the way.
- Support the breast with the left hand.



### 2. *The Transitional Hold* (Cross-over Hold)

- Hold the baby horizontally facing the mother.
- When nursing from the right breast, use the left arm to hold the baby.
- Support his back with the left forearm, while placing the thumb and fingers at the base of the baby's head, below his ears.
- Make sure that the baby's lower arm doesn't get in the way.
- Support the breast with the right hand.





### 3. *The Football Hold*

- Hold the baby under the mother's arm & let him face towards the breast.
- Support the baby with pillow(s) underneath.
- Hold the baby close to the mother with nose pointing to the nipple.
- Use the forearm to support his back & neck, and the hand to hold his head.

(This position is suitable for mothers who have had Caesarean Section, since it does not put pressure on the abdomen).

### *The Side-lying Hold (Lying Down Position)*

- Baby and mother lying on their sides facing each other.
- The mother should be relaxed with no muscles straining, while keeping her back and hips in a straight line (e.g. place pillow(s) under her head, behind her back and between her bent knees for extra support & comfort).
- The baby needs to be well supported and secure (e.g. tuck a rolled-up towel or small pillow firmly behind his back, to keep him in position).
- Adjust the baby's distance from the lower breast by placing a folded blanket under his head.
- To assist with latch-on, use the opposite hand to support the breast (right hand for left breast and vice versa).



## How to Burp Your Baby?

*Breastfeeding babies normally do not swallow too much air. Thus, burping should only be done as required, for a couple of minutes.*

### You May Burp Your Baby in 2 Ways: -

- Place a small towel over your shoulder. Hold your baby upright against the shoulder, and gently pat or rub your baby's back.
- Sit your baby upright on your lap. Support his chest and chin with your hand, while stabilising his head, and gently rub your baby's back.



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