

d. Breastfeeding observation tips

| Signs of breastfeeding going well | Signs of possible difficulty |
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| Mother's body relaxed, comfortable, confident, eye contact with baby, touching | Mother tense, leans over baby. Not much eye contact or touching |
| Baby's mouth well attached, covering most of the areola, opened wide, lower lip turned outwards | Mouth not opened wide, not covering areola Lips around nipple |
| Suckling well, deep sucks, bursts with pauses Cheeks round, swallowing heard or seen | Rapid sucks, cheeks tense or sucked in Smacking or clicking sounds |
| Baby calm and alert at breast, stays attached, Mother may feel uterus cramping, some milk may be leaking (showing that milk is flowing) | Baby restless or crying, slips off breast; Mother not feeling cramping, no milk is leaking (showing that milk is not flowing) |
| After feed, breast soft, nipples protruding | After feed, breast full or enlarged, nipples may be red, cracked, flat or inverted |

e. Correct position for breastfeeding

To obtain maximum benefit of breastfeeding, the baby should be held in the correct position and be put correctly to the breast. The baby is in the correct position when:

- While holding the baby, the mother also supports the baby's bottom, and not just the head or shoulders.
- Mother holds the baby close to her body.
- The baby's face is facing the breast, with nose opposite the nipple

