

Feeding Positions for Mom and Baby!

Breastfeeding Positions:

The “Cradle Hold”:

Hold your baby across your middle, with your elbow supporting his head and your hand supporting his bottom!



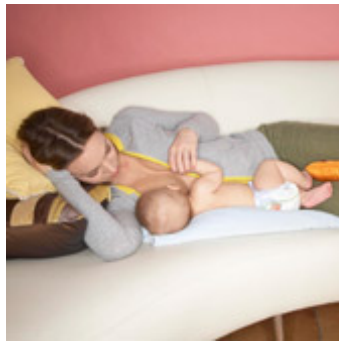
The “Cross-Cradle” Hold:

Lay your baby on her side on a supportive pillow, so that she is facing you. Use your hand to support her head and your arm to support her body.



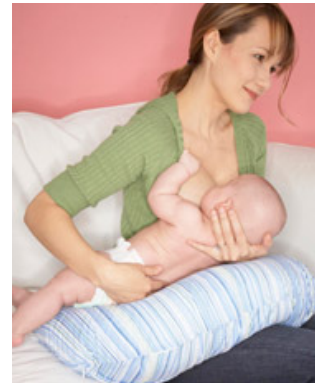
Side-Laying Position:

If you are feeding from your right breast then lie on your right side with your baby facing you!



The “Football” hold:

Hold your baby across your side and support her head and body with both hands and the pillow!



Bottle Feeding Positions:

Cradle her:

Support her head with the bend in your arm, and the rest of her with your hand.



In your Lap:

With your legs propped up, place your baby facing you with her head at your knees and her feet at your stomach

