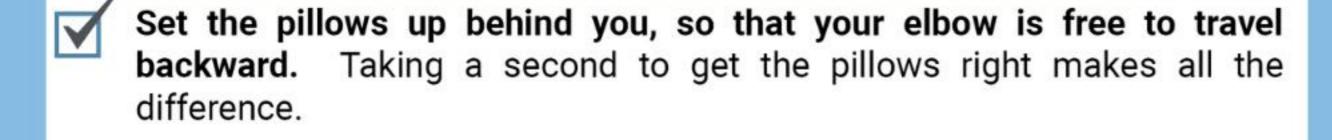
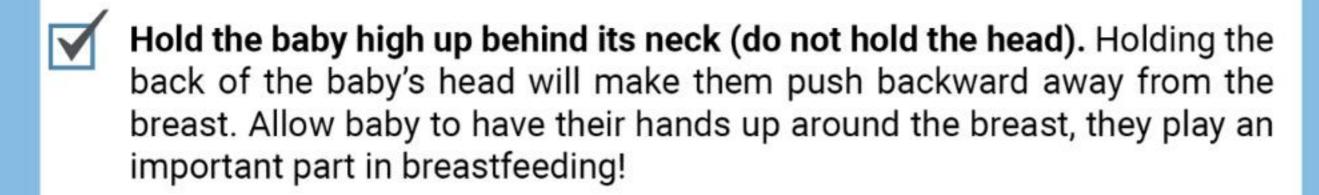
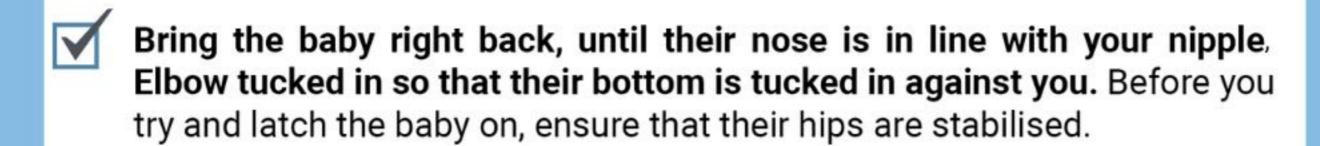


## RUGBY HOLD FEEDING POSITION

## HOW TO POSITION YOUR BABY AT THE BREAST







- Point the tip of your nipple away from the baby's mouth and up toward the nose as if you are aiming it up the nostrils, not towards the throat!
- Bring the baby to the breast, chin leading this means the chin should be the first thing to make contact with the breast, not the mouth, and the nose will always be free.
- Baby should be coming from the side/underneath NOT from the front.
  Chin on nose off!
- Once the baby is latched on and drinking Place a wrist roll under your wrist for extra support. This should support your wrist, not the back of the baby's head.







## DON'T WORRY

Repositioning while feeding can reduce nipple pain and enhance milk transfer. Contact details at the top of the page if you need any assistance.