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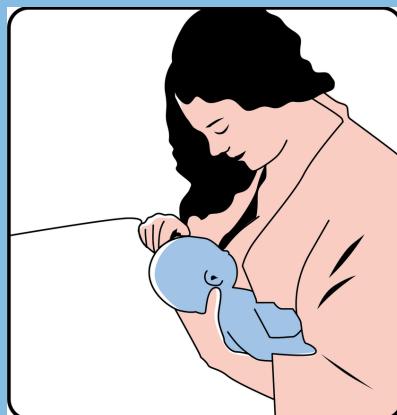


OSTEOPATHY POST-TREATMENT ADVICE SHEET

# RUGBY HOLD FEEDING POSITION

## HOW TO POSITION YOUR BABY AT THE BREAST

- Set the pillows up behind you, so that your elbow is free to travel backward. Taking a second to get the pillows right makes all the difference.
- Hold the baby high up behind its neck (do not hold the head). Holding the back of the baby's head will make them push backward away from the breast. Allow baby to have their hands up around the breast, they play an important part in breastfeeding!
- Bring the baby right back, until their nose is in line with your nipple. Elbow tucked in so that their bottom is tucked in against you. Before you try and latch the baby on, ensure that their hips are stabilised.
- 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.

