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OSTEOPATHY POST-TREATMENT ADVICE SHEET

CROSS CRADLE FEEDING POSITION

HOW TO POSITION YOUR BABY AT THE BREAST

- To feed from the breast of your choice, use your opposite hand (cross-cradle hold) and ensure your baby is not directly aligned with you.
- Place your baby tucked under your other breast, opposite your feeding side, with their shoulder in line with your cleavage and chin closer to your cleavage than the base of your nipple.
- Support your baby's neck and shoulders without covering the back of their head to allow movement.
- Hold your baby around the shoulders at the back of the neck, with your palm facing your face, not your body.
- Guide your baby to latch with the chin leading to encourage a wide-mouthed latch, aiming for the chin to make first contact with the breast.
- Position your nipple toward the baby's nose, not the back of their throat, and adjust if needed by supporting your breast from underneath.
- Ensure your baby feeds with their chin close to you, forehead away, and their eyes towards your armpit, not your body.



DON'T WORRY

Ensure your baby is close to you with no gap, body not rotated. Check for deep latch avoiding shallow latch where areolae is visible. Look for ear wiggling and rhythmic swallowing during feeding. Check for full, round cheeks when latched.