

Time	Narration
00:01	Welcome to the <b>Spoken Tutorial</b> on <b>Laid-back</b> hold for breastfeeding.
00:06	In this tutorial we will learn, choosing the correct breastfeeding hold for a mother and her baby.
00:15	Mother's preparation before breastfeeding and How to do the <b>laid-back</b> hold.
00:22	Let us begin.
00:24	Across the world, mothers breastfeed their babies using various types of holds.
00:31	As discussed in an earlier tutorial- The best breastfeeding hold for a mother and her baby is the one in which-
00:39	Both mother and baby are comfortable for the entire duration of breastfeeding
00:47	The baby is able to attach deeply to the mother's breast And get sufficient milk.
00:55	Let us learn about one of the holds called <b>Laid-back</b> hold.
01:00	<b>Laid-back</b> hold is recommended when - Deep attachment of the baby to the breast is difficult using <b>cross cradle</b> or <b>cradle</b> hold
01:09	Or if the mother has big breasts
01:12	Or if the mother has back pain
01:15	Or when the mother is tired.
01:18	Before feeding her baby, the mother must wash her hands with soap and water. And dry her hands properly.
01:27	Then she should drink a glass of boiled and cooled water.
01:32	Lactating mothers produce 750 to 850 mililitres of milk per day on an average. Therefore, they need to increase their daily water intake.
01:44	Next, mother should uncover the breast from which she wants to feed the baby.
01:50	She should ensure not to put pressure of her bra or blouse on the breast.
01:55	Then, the mother should lie down comfortably on the floor or on a bed.
02:01	Her head, neck and upper back should be well supported by pillows.
02:07	Now that the mother is ready, let us learn how to hold the baby correctly.
02:13	Mother should-hold her baby's body with the hand on the side of the breast that she will feed from.
02:20	She should hold the lower part of her baby's head- with the thumb and fingers of her other hand.
02:27	The mother in this picture, will be feeding her baby from her right breast.
02:32	Therefore, she is using her right hand to hold the baby's body.
02:37	She is using the thumb and fingers of her left hand to hold the lower part of her baby's head.
02:46	Next, Let us see the correct position of mother's thumb and fingers for holding the baby's head.
02:54	Mother's thumb should be-behind one ear, and rest of the fingers behind the other ear of the baby.

03:02	She should not move her fingers or thumb from behind the ear to the baby's neck.
	She should not apply pressure on the back of the baby's head with her hand.
03:08	This will keep the baby comfortable while feeding.
03:20	Next, let us learn how to position the baby's body correctly.
03:25	The baby should be placed on the mother's body in such a way that baby's stomach is on the mother's stomach
03:32	And the baby's head is near the mother's breast.
03:38	Lesser distance between the baby and the breast will help the baby to reach the breast.
03:44	And it will become easier for the baby to attach deeply.
03:49	Then, the second important point is the direction in which the baby's entire body is held.
03:56	You may have noticed that- When we eat food, our head, neck and body are always in the same direction.
04:05	Similarly- Baby's head, neck and body should always be in the same direction while breastfeeding.
04:14	This will make swallowing milk easier for the baby.
04:19	Remember, the baby can be positioned on the mother's body in any direction, as long as - the whole front part of the baby's body is placed on the front part of the mother's body
04:32	And the baby can reach the breast easily.
04:38	Now we come to the third point in positioning the baby's body.
04:42	The mother should support the full body of her baby.
04:47	Otherwise, the baby will have to take a lot of effort to attach deeply to the breast.
04:54	Next, let's look at the position of baby's nose and chin.
04:59	Baby's nose should always be in line with the nipple.
05:03	And her chin should be forward and very close to the breast.
05:09	This will ensure that the baby takes in more of the lower part of the <b>areola</b> while latching.
05:15	And therefore, will use the lower jaw to drink more milk efficiently.
05:21	Please note- <b>Areola</b> is the dark area around the nipple.
05:27	Now, the baby is in <b>laid back</b> hold and ready to latch on for breastfeeding.
05:34	In this hold, the baby can naturally attach deeply to the mother's breast.
05:40	Deep attachment of the baby to the breast is explained in another video of the same series.
05:49	As soon as the baby is deeply attached to the breast- mother can release the baby's head from her hand And use both her hands to support the baby's body.
06:01	In this position, the mother should lie back, relax and breastfeed.
06:07	This brings us to the end of this tutorial. Thank you for joining.