Time	Narration
00:00	Welcome to the Spoken Tutorial on Cradle hold for breastfeeding.
00:06	In this tutorial, we will learn about-
00:09	choosing the correct breastfeeding hold for a mother and her baby,
00:15	mother's preparation before breastfeeding and
00:18	how to do the Cradle hold.
00:22	Let us begin. Across the world, mothers breastfeed their babies using various types of holds. 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.
00:45	The baby is able to attach deeply to the mother's breast
00:50	and get sufficient milk.
00:54	Let us learn about one of the holds called Cradle hold .
00:59	Before feeding her baby, the mother must wash her hands with soap and water
01:05	and dry her hands properly.
01:10	Then she should drink a glass of boiled and cooled water.
01:15	Lactating mothers produce 750 to 850 milliliters of milk per day on an average.
01:22	Therefore, they need to increase their daily water intake.
01:27	Next, let's discuss the position of the mother.
01:31	Mother should sit on the floor or on the bed in cross-legged position.
01:36	Or on a chair with her feet flat on the ground.
01:41	If the chair is too high and her feet do not reach the floor then
01:47	she can rest her feet flat on a small stool or pillows kept on the floor.
01:53	While sitting, she should ensure that - her back is straight so as to avoid back pain,
02:00	her shoulders are relaxed and not elevated or curved.
02:05	And, this relaxed position is maintained throughout the breastfeeding session.
02:12	Now, the mother should uncover the breast from which she wants to feed the baby.
02:18	She should ensure not to put pressure of her bra or blouse on the breast.
02:25	After sitting comfortably, bring the baby to the mother.
02:29	Mother should hold her baby with the arm on the same side of the breast that she will feed from.
02:37	Baby's head should rest comfortably in the inner bend of the elbow of that arm.
02:44	With the same arm, mother should support the head, neck and torso of her baby.
02:51	The mother in this picture, will feed the baby from her right breast.
02:56	Therefore, she is using her right arm to support the baby's head, neck and torso and
03:05	the baby's head is resting in the inner bend of her right elbow.
03:10	If the mother wants additional support to lift the baby, she can keep a pillow under the baby on her lap.

03:19	Remember, the mother should never bring the breast to the baby by bending her back.
03:25	This will make her uncomfortable and cause back pain.
03:30	She should always keep her back straight and lift the baby to reach her breast.
03:36	Next, let us learn how to position baby's body correctly.
03:42	The baby's stomach should be gently pressed by the mother's body.
03:47	Lesser distance between their bodies will reduce the baby's effort to reach the breast.
03:54	And it will become easier for the baby to attach deeply.
04:00	Then, the second important point is the direction in which the baby's entire body is held.
04:08	You may have noticed that when we eat food, our head, neck and body are always in the same direction.
04:16	But, while breastfeeding, the baby's head is often turned sideways by many mothers.
04:23	This will make feeding uncomfortable for the baby.
04:28	Baby's head, neck and body should always be in the same direction while breastfeeding.
04:35	This will make swallowing milk easier for the baby.
04:41	Now we come to the third point in positioning the baby's body.
04:46	The mother should support the head, neck and torso of her baby.
04:51	Otherwise the baby will have to take a lot of effort to attach deeply to the breast.
04:58	Next, let's look at the position of the baby's nose and chin.
05:03	Baby's nose should be in line with the nipple.
05:07	And her chin should be forward and very close to the breast.
05:12	This will ensure that the baby takes in more of the lower part of the areola while latching
05:19	and therefore, will use the lower jaw to drink more milk efficiently.
05:26	Please note - Areola is the dark area around the nipple.
05:32	Now that the baby is positioned correctly,
05:35	let us learn, how to hold the breast.
05:39	Using the fingers of the hand that is free, the mother should cup her breast in a ${\bf U}$ shape hold from the top.
05:48	The mother in this picture will use her left hand to hold her right breast.
05:55	To understand the correct position of thumb and fingers, imagine the nipple to be the center of a clock on the mother's right breast.
06:04	Mother should place her left thumb at 3'O clock position on this clock
06:10	while her left index finger and middle finger should be placed at 9'O clock position.
06:18	Mother's fingers holding the breast should always be in the direction of the baby's lips.
	Why?
06:25	Let's understand this using a simple example.
06:30	When we eat a vada-pav or burger, our lips open horizontally.
06:35	We hold the vada-pay or burger horizontally to take a big bite.
06:40	Here, the thumb and fingers are placed in the direction of the lips.
	If we hold the vada-pav or burger vertically, we won't be able to take a big bite.
06:53	Similarly, observe the direction of baby's lips. The lips are vertical here.
07:00	Therefore, the fingers and thumb should also be placed vertically on the breast.
07:06	This will help the baby to take a big part of the lower areola in her mouth.

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This brings us to the end of this tutorial.	10:14	In this position, mother should bring both her arms very close to her body.
10.25	10:20	This will keep her comfortable during breastfeeding.
Thank you for joining.		This brings us to the end of this tutorial.
	10:25	

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