

Time	Narration
00:00	Welcome to the <b>Spoken Tutorial</b> on <b>Cradle hold</b> 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 <b>Cradle hold</b> .
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 <b>Cradle hold</b> .
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 <b>areola</b> while latching
05:19	and therefore, will use the lower jaw to drink more milk efficiently.
05:26	Please note - <b>Areola</b> 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 <b>U</b> 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-pav or burger horizontally to take a big bite.
06:40	Here, the thumb and fingers are placed in the direction of the lips.
06:46	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 <b>areola</b> in her mouth.

07:13	In addition to being in the direction of the baby's lips, mother's thumb and fingers should always be at a distance of 3 fingers from the nipple.
07:23	Again, while eating a vada pav or burger, if we hold it too close, our fingers will block our mouth from taking a big bite.
07:34	If we hold it too far away, it will not be shaped correctly to fit in our mouth.
07:41	Therefore, we hold it at the right distance to take a big bite.
07:47	Similarly for the baby, the right distance is of 3 fingers from the nipple, as shown in this picture.
07:55	This distance will ensure that- mother's fingers do not block the baby from taking a big part of the <b>areola</b> in her mouth,
08:05	mother does not compress only the nipple which will give very little milk,
08:11	mother compresses the larger milk-ducts beneath the <b>areola</b> to express more milk out,
08:17	and the breast is shaped correctly to help the baby attach deeply.
08:23	Remember - mother's thumb should be on the side of the breast where the baby's chin is present.
08:29	And, her 2 fingers should be on the side of the breast where baby's nose is present.
08:36	Let's go back to the example of vada-pav or burger.
08:41	After holding the vada-pav or burger correctly, we always press it to take a big bite.
08:48	Similarly, the mother should lightly press her breast in a <b>U</b> shape hold from the top.
08:54	This will help the baby to take a big part of the lower <b>areola</b> in her mouth.
09:01	But remember, mother should not press her breast in an inverted <b>V</b> shape hold.
09:07	<b>V</b> shape compression will pinch the breast and cause nipple feeding.
09:13	Also make sure that there is equal compression of the breast with the thumb and the fingers.
09:21	Otherwise, the nipple will shift either to the right or the left side
09:27	and the baby will not be able to attach deeply to the breast.
09:32	Remember, never bring the breast to the baby by pushing it sideways towards the baby.
09:39	Always bring the baby towards the breast.
09:43	Now, the baby is in <b>Cradle hold</b> and ready to attach to the breast for breastfeeding.
09:49	Correct attachment of the baby to the breast is explained in another video in the same series.
09:58	As soon as the baby is attached deeply to the breast and if the breast is not too heavy then
10:05	mother should release her breast from her hand
10:08	and bring that hand underneath the baby for support.
10:14	In this position, mother should bring both her arms very close to her body.
10:20	This will keep her comfortable during breastfeeding.
10:25	This brings us to the end of this tutorial. Thank you for joining.