A GUIDE FOR NEW MOMS

Breastfeeding Positions

Try a few — every baby is different.

Simply Lactation
Personalized Breastfeeding Support



1 Cradle Hold

Best for: confident latchers

- Baby's head rests in the crook of your arm.
- Tummy to tummy: ear, shoulder and hip in a line.



2 Cross-Cradle Hold

Best for: newborns

- Opposite hand supports baby's neck and shoulders.
- Bring baby to the breast, not the breast to baby.



3 Football Hold

Best for: C-section & twins

- Tuck baby along your side on a pillow, legs toward your back.
- Keeps weight off a healing tummy.



4 Side-Lying

Best for: night feeds & rest

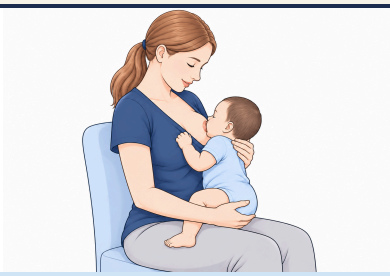
- Face baby tummy to tummy, nose to nipple.
- Bed flat and clear. Sleepy? Move baby to their own bed.



5 Laid-Back

Best for: early days, fast flow

- Recline and let baby lie tummy-down on your chest.
- Gravity helps baby find a deep latch.



6 Koala Hold

Best for: reflux & tongue-tie

- Baby sits upright on your thigh, facing the breast.
- Great for babies who gulp or choke on fast flow.



✕ Shallow ✓ Deep latch

THE KEY TO COMFORT

Getting a deep latch

1. Tummy to tummy, baby's nose level with your nipple.
2. Wait for a wide-open mouth, like a big yawn.
3. Bring baby to you quickly, chin touching first.
4. Aim the nipple toward the roof of baby's mouth.

Signs it's working: lips flared, round cheeks, swallows you can hear, no pinching pain. **Hurts?** Break the seal with a clean finger and try again.

This handout is for education only and does not replace personal care from your lactation consultant or healthcare provider.

Simply Lactation

Compassionate, evidence-based lactation support for every stage of motherhood.

Need help? Book an in-home or video visit

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