



FÉDÉRATION
Nourri-
Source

BREASTFEEDING POSITION

LAID-BACK

- The mother or the parent leans back a about a 45° angle; their back and arms are well supported by pillowe and cushions
- The baby is positionned on their tummy, directly on their mother or parent



A video on this topic is available on our YouTube channel

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www.nourri-source.org



Photo : Alexandra Durand

- The firm contact, tummy-to-tummy, will allow the baby to get their bearings and focus

- This position provides maximum sensory stimulation for the baby to mode towards the breast and latch on
- The dyad work together to ascieve a comfortable latch

RÉFÉRENCE : LE PETIT NOURRI-SOURCE

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