



FÉDÉRATION
Nourri-
Source

BREASTFEEDING POSITION

STRADDLE

- In this position, the mother or the parent leans backwards and the baby's legs are on either side of one of their legs
- The mother's or the parent's hand is supporting the baby's back

- This position is good for breastfeeding the growing baby when they become too heavy to support

- With the baby in an upright position, gravity helps reduce regurgitation and gastroesophageal reflux



Photo : Audrey Des Roberts, photographe



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RÉFÉRENCE : LE PETIT NOURRI-SOURCE

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