



FÉDÉRATION
Nourri-
Source

BREASTFEEDING POSITION

SIDE LYING

- **The baby's body is supported by the bed and is held snug against the mother's or the parent's belly**
- **When latching, the baby's nose will be aligned with the nipple and their chin will be on the underside of the breast**



Photo : Annie Lachance, moments infinis



**A video on
this topic is
available
on our
YouTube
channel**

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www.nourri-source.org

- **Pillows can be placed under the mother's or parent's head, behind their back and between their legs for added comfort**

RÉFÉRENCE : LE PETIT NOURRI-SOURCE

7^e
édition