

BREASTFEEDING POSITION

FOOTBALL

- The baby's belly is tucked against the mother's or the parent's side, feet towards their back
- Pillows placed behind the mother's or the parent's back can allow more room for the baby's legs
- The mother's or the parent's hand is positioned between the baby's shoulder blades and their thumb and index finger support the nape of the neck
- The baby will latch on to the same breast as the arm that supports him
- A cushion can be placed under the arm and wrist to provide support and prevent them getting tired
- This position is suitable after a C-section as well as for larger breasts



A video on
this topic is
available
on our
YouTube
channel

2023