

# BREASTFEEDING POSITION

## CROSS-CRADLE



- The baby is supported by the mother's or the parent's forearm, their hand is positioned between the baby's shoulder blades and their thumb and index finger support the nape of the neck
- The baby is brought towards the breast on the opposite side of the arm that supports them

- The baby's lower arm will be around the mother's or the parent's waist

- A pillow can be placed under the arm to provide support and prevent it from getting tired

- Although the baby is tummy-to-tummy with their mother or their parent, their head extends backwards every so slightly



A video on  
this topic is  
available  
on our  
YouTube  
channel

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