Breastfeeding Positions

For successful latching

A good latch allows your baby to breast fully and feed easily, without causing you nipple pain. A good latch should have a big, empty mouthful of breast, not sticking your baby's head or nose.

Cradle hold
- Your breast
- Hand, near baby's mouth
- Let baby see mouth
- Hold baby's head
- Cradle baby's head

Cross-cradle hold
- Your breast
- Hand, over baby's mouth
- Let baby see mouth
- Hold baby's head
- Cross baby's mouth

Football hold
- Baby will find nipple and latch on
- Hold baby on your forearm
- Squeezed baby's neck
- Support the back of your arm
- Hold baby's head

Laid-back hold
- Baby will find nipple and latch on
- Hold baby on your forearm
- Squeezed baby's neck
- Support the back of your arm
- Hold baby's head

Side-lying hold
- Baby's head
- Face your nipple
- Lie baby down
- Lie down on your side

Good hold
- Baby's head
- Lie baby down
- Baby's head
- Lie down on your side
- Lie down on your arm

Side-lying hold
- Baby's head
- Baby's head
- Lie baby down
- Lie down on your side
- Lie down on your arm