

S.O.S. Parental Positioning for the Cradle Hold



Semi-reclined Positioning

- Lay back about 30 degrees
- You should feel relaxed and comfortable
- Notice how your breasts raise up, which gives the baby easier access to your nipple and areola

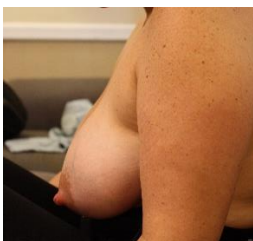


Open Shoulder and Chest

- Try to relax and let your shoulders and chest fall back
- The breasts should become even more available to the baby

Skin to skin

- Babies nurse best when they are making skin-to-skin contact with the nursing parent
- Try and find a room where you are comfortable nursing without a top
- The baby should only have a diaper—no clothing. Your breasts will keep her warm



Two Examples of How NOT to Position Yourself

DO NOT sit in a stiff, upright position

- Your back, neck, and shoulders will begin to hurt
- The breasts will point downward, hiding some of the areola and breast from the baby
- You will feel the need to hold your breast up and guide it into the baby's mouth, which increases nipple pain and damage
- Instead of lying against your tummy and breast, the baby will be lying in your lap, and gravity will be pulling the baby away from your breasts, rather than keeping the baby against you
- Your arms will get in the way of the baby

