

Breastfeeding Positions

The recommended breastfeeding positions for newborns are:



1. Cradle Hold

your elbow, facing your breast. Best for confident feeders. Use a pillow to raise baby to breast level and support your back.



2. Laid-Back (Biological Nurturing)

baby tummy-to-tummy on your chest. Ideal for newborns, post-C-section recovery, strong letdown, or reflux. Let gravity help baby latch naturally; very relaxing and instinctive.



3. Football Hold (Clutch Hold)

like a football, facing your breast. Suitable for C-section recovery, twins, or large breasts. Use a pillow to support baby and align them with your nipple.



4. Side-Lying Position

tummy-to-tummy. Perfect for night feeds, C-section recovery, or rest. Use pillows for support and ensure baby's nose is level with your nipple.



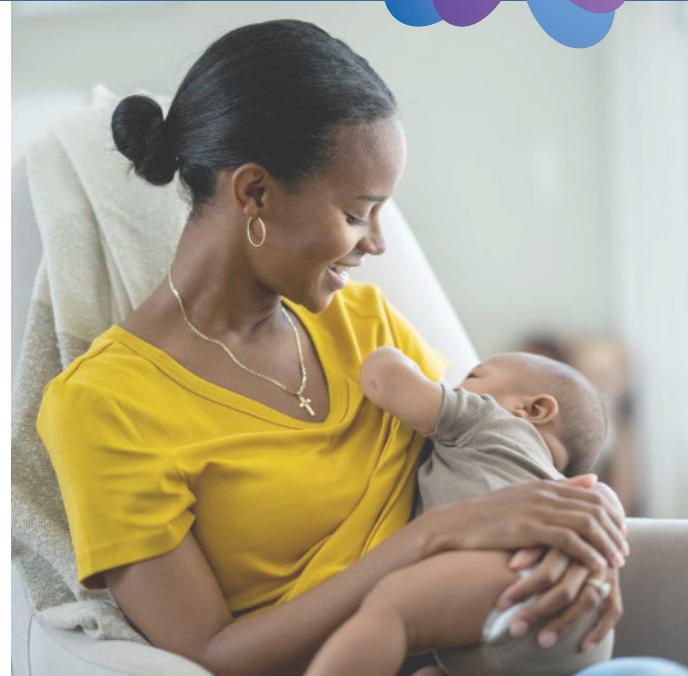
5. Cross-Cradle Hold

the breast you're feeding from. Best for newborns learning to latch, as it provides more control of baby's head. Use your free hand to guide your breast and help baby latch deeply.



Latch and Position

Learning how to properly latch and position your baby during breastfeeding is essential. It ensures your baby gets enough milk, prevents nipple damage, and supports adequate milk production. To achieve a good latch, align your baby's head, neck, and shoulders, and position their nose level with your nipple. With a wide mouth, bring your baby close for a comfortable and effective latch.



For breastfeeding questions, call:

Lovelace Lactation Services
(505)727-6797 or
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WHERE TO FIND US

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Lovelace
Women's Hospital

Breastfeeding Your Baby

Your baby's feeding times can change each day. Most babies eat every 2 to 3 hours.

Sometimes, babies want to eat more often, like every 30 minutes to 1 hour for a few hours.

This is normal. If you are worried that your baby is not breastfeeding well, it can be helpful to talk to a lactation consultation. You can call a lactation clinic to schedule an in-person appointment.

Babies only need to eat breast milk or formula for the first 6 months of their life. Please do not feed your baby water, juice, tea, food or anything else unless your baby's provider tells you that you should.

Signs that your baby is feeding well:

- Baby gets on the breast easily
- You feel a strong pull when baby sucks
- Baby sucks without stopping much, only to breathe
- Baby is active while feeding, even if their eyes are closed
- You hear baby swallowing
- You see milk on baby's lips or mouth
- Your breast feels softer after feeding
- Baby has enough wet and dirty diapers
- Baby gets back to birth weight by 2 weeks and gains about $\frac{3}{4}$ to 1 ounce each day after that

Signs That Your Baby Might Be Having Trouble Breastfeeding

- Your baby's latch causes you pain or your nipples are cracked
- The sucking feels weak or like a flutter of their tongue
- Your baby cannot stay attached to the breast
- Your baby is sleepy at the breast
- You can hear a clicking or popping sound when the baby is sucking
- Your baby takes a long time to eat (over 20 minutes on each side)
- The baby seems like they are still hungry after breastfeeding
- Your baby does not make enough wet(urine) or poop diapers
- The baby hasn't regained their birth weight by 2 weeks or they are not gaining at least $\frac{3}{4}$ to 1 ounce every day after that

Benefits of breastfeeding

- Lowers the risk of respiratory and digestive infections
- Perfectly tailored nutrition for your baby
- Passes protective antibodies to your baby
- Supports overall infant health and development
- Reduces the risk of postpartum bleeding
- Helps prevent childhood obesity and diabetes
- Lowers the chance of ear infections
- May reduce the likelihood of allergies
- Strengthens the emotional bond between mother and baby
- Completely free and always available
- ...and so many more lifelong benefits!

