

Provider Information

BF – Breastfeeding

BF-BP BREASTFEEDING POSITIONS

OUTCOME: The parent/family will understand all four breastfeeding positions and provide a demonstration as appropriate.

STANDARDS:

1. Demonstrate the four common breastfeeding positions: cradle, modified cradle (cross-cradle), football, side lying.
2. Discuss traits of effective positions, including baby parallel to the mom, face to face, tummy-to-tummy, baby held close to mother.

Highlights of Breastfeeding positions

Effective positioning and attachment



Cradle Hold: The cradle hold often works well for full-term babies who were delivered vaginally. Some mothers say this hold makes it hard to guide their newborn's mouth to the nipple, the mother may prefer to use this position once the baby has stronger neck muscles at about 1 month old. Women who have had a cesarean section may find it puts too much pressure on their abdomen.

Cross-Cradle Hold: This hold may work well for small babies and for infants who have trouble latching on.

Football Hold: The mother may want to try this hold if she has had a Cesarean section (to avoid having the baby rest on her stomach). If the baby is small or has trouble latching on, the hold allows the mother to guide the baby's head to the nipple. It also works well for women who have large breasts or flat nipples, and for mothers of twins.

Lying Down: You may want to nurse lying down if you are recovering from a cesarean or difficult delivery, sitting up is uncomfortable, or you are nursing in bed at night or during the day.

Click here for a Patient Education Handout for the mother on [Breastfeeding positions](#).

Flesch 58/10th