

# BREASTFEEDING MADE EASY SYSTEM

## STEP ONE: Position your baby correctly.

It will enable you to tailor your breastfeeding position for a more comfortable latch

### Breast size

Small breast (AA - D)  

Large breast (GG+)

### Baby's height

Your baby will need to be higher to stay in line with your breast. 

Your baby will be lower down - often much lower than you expect. Line baby up nose to nipple when your breast is at rest.

### Practical tip

Ensure that you have good arm support while keeping baby high enough to feed. The cross cradle position should work nicely for you.

Be careful that you don't lean over baby and create back problems for yourself. Try the underarm or rugby position for more comfort.

### Nipple direction

Point forward

Point downward  

### Baby's rotation

Baby should face the breast side on. Check that his ears, shoulders and hips are in line.

Baby will be tilted back slightly and look up at you. His ears, shoulders and hips should be in line.

### Practical tip



Check that both baby's cheeks touch your breast so that baby can drain the upper and lower half of the breast.

### Baby size

Baby is small (6lbs/2.5kg)  

Baby is big (10lbs/4.5kg)

### Baby's weight

Your baby is relatively light but he can still slip downward during the feed, which will cause sore nipples and poor drainage. 

Your baby is heavy, so be sure to support yourself properly so that baby doesn't slip downward. Soft cushions won't work well.

### Practical Tip

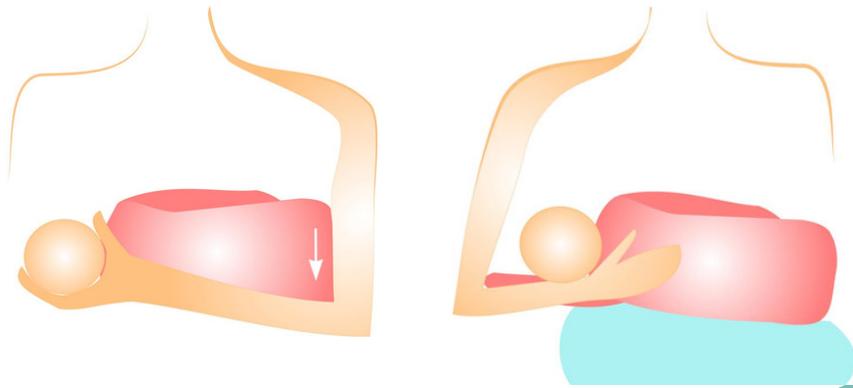
You could get away with just using your arm and a little support. Use a firm cushion that ties around you if possible.

Use a firm cushion but one that is not too high. You can even use a folded bath towel or bed pillow. Uncomfortable? Raise breast with folded muslin cloth then re-position baby.

# Cross Cradle position

**1.** Latch baby onto the breast using the opposite arm to the breast you are feeding from.

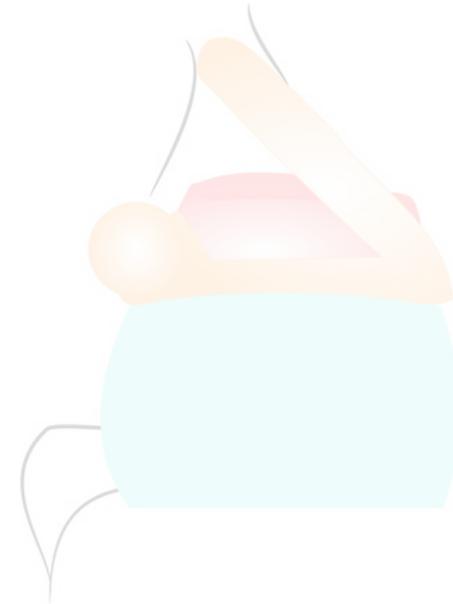
**2.** Swap arms to cradle baby once you know that the latch is right and comfortable.



## Check list:

- Baby's ears, shoulders and hips are aligned
- Baby's bottom is high and well supported (use cushion if needed)
- Nothing behind baby's head
- Soft ball of your hand is on baby's upper back
- Fingers on baby's cheek to support weight of head evenly

# Underarm position



## Check list:

- Baby's ears, shoulders and hips are aligned
- Baby's bottom is high and well supported by a firm cushion
- Height of cushion is right and that it won't slip away from you
- Baby has leg room and won't kick against back of sofa
- Nothing behind baby's head
- Soft ball of your hand is on baby's upper back
- Fingers on baby's cheek to support weight of head evenly