

# Holding Your Baby for Breastfeeding

- ♥ Find a comfortable place to sit.
- ♥ Put pillows behind your back. Place your feet on a small stool or a thick book such as the telephone book.
- ♥ Hold your baby so that his knees are pointed at you. This will work for all nursing positions.
- ♥ His mouth needs to be in front of your nipple. Pillows help hold the baby at breast level.
- ♥ Place the palm of your hand between your baby's shoulders and let his head rest on your fingers.



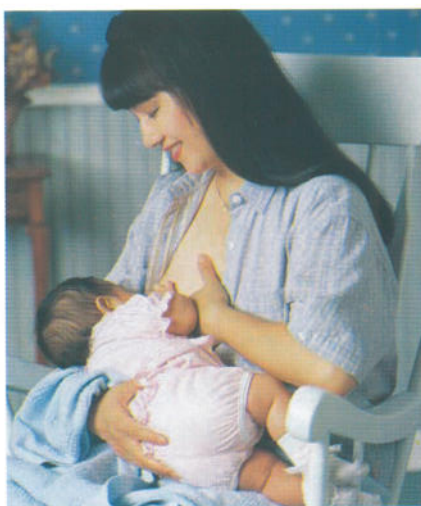
Cross Cradle



Under the Arm (Football Hold)



Resting Position



Madonna Hold