

Finding a comfortable position to breastfeed

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When you start breastfeeding your baby, you will probably be focusing on his mouth and making sure he latches on well. It's a good idea to start by **finding a comfortable position for yourself**.

Make sure your back is well supported, that your feet are resting on a foot stool if need be. It is usually more comfortable to prop up the baby on a [breastfeeding pillow](#) especially when your baby is little.

There should be no need to lean forward. Remember you will be breastfeeding often at first so finding a comfortable position is essential to avoid back pains. If you are comfortably seated and your baby is well positioned, it will also help him latch on well.

Once you feel comfortable, **hold the baby close to you**. His tummy should be tucked against yours. His back, neck and head should be aligned. Imagine drinking a glass of water, it will be easier to do so if your head is not twisted to the side.

There are various ways to hold your baby. You can start by the most common, especially with a small baby: the **cross cradle hold**. Hold your baby with one hand gently supporting his head, your palm on his shoulder blades and your arm running along his back. With the other hand, cup your breast to support it. Encourage your baby to open his mouth by tickling his bottom lip with your nipple. Once his mouth is wide open, push his back to your breast (not your breast to his mouth). Your baby should take as much of the areola into his or her mouth as possible, with more areola showing at the top lip than at the bottom.

The **cradle hold** is similar as to the baby's position except your baby's head is cradled in the crook of your arm. Your hand is supporting the baby's bottom. You can use your other hand to support your breast.

The **rugby hold** is a good position for mothers recovering from a c-section, as the baby is held away from the mummy's tummy. In the rugby hold, the baby's body runs along your side, with his legs and feet tucked under your arm. You will be more comfortable with an extra [breastfeeding pillow](#) to support the baby. It's also a good position to try if your baby is struggling to latch on or if you have a strong ejection reflex.

Lying down to breastfeed can be very comfortable, especially as you recover from birth or at night. Lie on your side with your baby facing you. You can rest your baby on a pillow or a folded receiving blanket or cradle him in your arm. You might also need pillows to support your back, your legs and prop up the baby to a comfortable level. If you feel you might fall asleep, please read the guidelines for safe co-sleeping carefully.

Here are some ideas to make yourself comfortable while breastfeeding.

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