

Cross Cradle Position for Left Breast:

1. Align baby's nose so that it does not go past your nipple, or go to the left of your nipple, in other words, your nipple should not be aligned with his chin
2. Place your right hand under baby's face so your four fingers make a pillow for baby's cheek (keep your four fingers tightly together as if they were stuck together with glue)
3. You are now supporting the weight of baby's head with your hand
4. You may want to sit baby's bottom on your arm as though it were a shelf (this will work in the beginning with a newborn)
5. Or you may want to let baby's bottom fall diagonally a bit and squeeze it against your rib cage with your elbow
6. Baby's body and legs should be wrapped around mother.
7. Pull baby's bottom into your body with the inside/underside of your forearm as if serving baby to you on a platter
8. This will bring him toward your breast with the nipple pointing to the roof of his mouth

9. Head supported but NOT pushed in against your breast.

10. In fact, try to think of it not as bringing baby's head into or near your breast at all—instead, bring baby's body into your body and the head will follow, as if serving baby to you on a platter.

11. Head should be tilted back slightly so the nose is up and the baby's chin is coming into the breast while the nose never touches the breast.

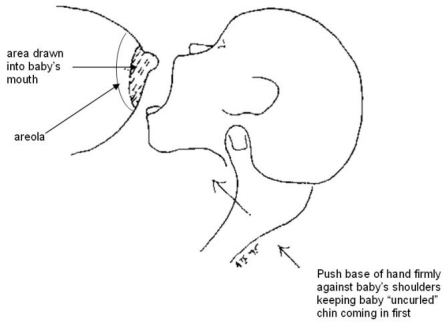
12. Use your whole arm to bring the baby onto the breast, when baby's ***mouth is wide***.

13. Baby's chin should be far away from Baby's chest.

WATCH LOWER LIP, ***aim it as far from base of nipple as possible***, so tongue draws ***lots of breast*** into mouth. Move baby's body and head together – keep baby uncurled. If you keep your wrist straight, with baby's cheek resting on your fingers, then baby's chin will not bend down toward his chest

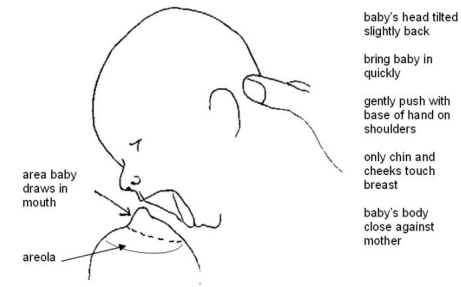
Once latched, baby's top lip will be close to nipple, areola shows above lip. Keep baby's chin close against your breast.

When Latching



WIDE MOUTH / GAPE

MOTHER'S VIEW WHILE LATCHING BABY



Move baby not breast

MOTHER'S VIEW OF NURSING BABY



RECOMMENDATIONS FOR THE MOTHER

Mother's Position: Sit upright, back straight, feet flat on floor. Baby's head should be at breast level, not above or below. Baby's body should be close against mother, not away. Breast should be held in hand, not pulled away. Breast should be latched on, not sucked. Breast should be held in hand, not pulled away. Breast should be latched on, not sucked. Breast should be held in hand, not pulled away. Breast should be latched on, not sucked.