

Breastfeeding & Your Baby

POSITIONING FOR BREASTFEEDING



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Health

Getting your baby positioned well on your breast is known as a 'good latch'. A good latch helps prevent many breastfeeding issues that may occur in the early weeks. Babies and breasts come in all shapes and sizes. It can take time and practice to get it right, sometimes with professional help. Make sure that you feel comfortable. Try experimenting with different positions until you both feel content.



How do babies breastfeed?

Babies can learn to latch by themselves. Start breast feeding in a comfortable position to help you relax. When you feed, try to relax your shoulders, back and arms by reclining a little into the back of the chair or couch. Support your legs on an ottoman or footrest.

Hold baby close to you ensuring baby's shoulders and back are supported. Turn baby towards you with their chest on your chest.

Below is a link to a video showing 'baby led attachment'

http://raisingchildren.net.au/articles/baby-led_attachment_video.html/context/1645

Baby Feeding Cues:

Your baby will latch more effectively to your breast when they are ready to feed. Early signs your baby wants to feed include:

- Opening and closing their mouth.
- Turning towards your breast when their face is touched.
- Moving their hand to mouth, or sucking on hands.
- Fidgeting or squirming a lot.

Crying is often a late sign and may make it hard for your baby to latch on to the breast well.

How do I know if my baby is getting enough milk?

Your baby will appear content and satisfied after most feeds.

- Your baby should have at least 6–8 wet nappies a day.
- Your baby should have many bowel motions each day in the early weeks.
- Your baby should be gaining weight regularly. Your health professional can advise you of what weight gains are expected for your baby's age.

If these suggestions don't help your baby to latch comfortably, express your breasts 8 times a day to feed your baby and get professional help from your MACH service.

Here is one way to latch a baby to the breast.



STEP 1

Hold your baby close to you with chin and nose touching the nipple.



STEP 2

Baby should open wide and take a large amount of the lower areola.



STEP 3

Bring your baby onto the breast by holding them close.



STEP 4

When baby latches well there should be no discomfort for mother.

REFERENCES

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How can I find out more information

1. PHONE

Maternal and Child Health service by calling Community Health Intake (CHI) 6207 9977

Pregnancy Birth & Baby 1800 882 436

Australian Breastfeeding Association
1800 Mum 2 Mum or 1800 686 268

2. ATTEND

'Early Days' Group

(infants up to 3 months of age) for assessment and ongoing breastfeeding information and support.

Contact Community Health Intake (CHI) for locations and times.

3. VISIT

www.health.act.gov.au/breastfeeding

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