

## Positioning and attachment

Attachment to feed your baby can occur using different positions. Good attachment occurs when mothers and baby's bodies are well aligned, supported, comfortable and relaxed and this will help prevent breast and nipple damage and ensure your baby feeds well.

Babies and breasts come in all shapes and sizes. It can take time and practice to get it right. Try experimenting with different positions until you and your baby feel comfortable. Health professional support may be needed to help find the correct position and attachment for you and your baby.

### How do babies breastfeed?

Babies can learn to attach by themselves and be fed in many different positions, i.e. cradle hold, cross cradle hold or football hold. Start breast feeding in a comfortable position reclining a little into the back of the chair or couch, relaxing your shoulders, back and arms. This helps your milk 'let down' leading to your baby getting more milk and emptying your breast.

Hold baby close to you ensuring baby's shoulders and back are supported. Turn baby towards you with their chest on your chest (cradle hold). Baby may lick and mouth the nipple before attaching. Ensure baby's nose is level with the nipple and baby's chin is touching the breast.

Once baby is attached to your nipple, you will feel a drawing sensation with some rapid sucking. This can be uncomfortable for a few days but should resolve when baby is deeply attached, tugging is normal, strong pain is not. As milk ejection occurs sucks become deeper and rhythmic. If you experience nipple or breast pain after the initial "drawing in" sucks, prevent damage to your nipples by detaching and reattaching baby, until sucking feels more comfortable.

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

<http://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding/how-to-breastfeed/good-attachment>

### 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 to 8 soaked cloth nappies or 4 to 6 heavy disposable nappies in 24 hours.



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- 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 attachment is uncomfortable after the first few days or you are experiencing nipple pain or damage you may need to express your milk and feed the baby an alternate way to give your nipples a chance to heal. It will also help to seek support from your midwife, lactation consultant or Maternal and Child Health (MACH) nurse.

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



### STEP 1

Hold your baby close to you, lining up the nipple with the baby's nose



### STEP 2

Tilting your nipple slightly towards baby's nose, Baby should open wide. bring your baby forward gently and allow baby to take a large amount of the lower areola.



### STEP 3

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

### How can I find more information?

PHONE	<ul style="list-style-type: none"><li>• Maternal and Child Health - Early Pregnancy and Parenting support line (02) 5124 1775, or</li><li>• Central Health Intake (CHI) on (02) 5124 9977</li></ul>
GO TO	<ul style="list-style-type: none"><li>• Australian Breastfeeding Association - 1800 686 268 <a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a></li><li>• Pregnancy Birth and Baby - 1800 882 436 <a href="http://www.pregnancybirthbaby.org.au">www.pregnancybirthbaby.org.au</a></li><li>• <a href="http://www.health.act.gov.au/breastfeeding">www.health.act.gov.au/breastfeeding</a></li></ul>
VISIT	YOUR GP

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### Acknowledgement of Country




Canberra Health Services acknowledges the Traditional Custodians of the land, the Ngunnawal people. Canberra Health Services respects their continuing culture and connections to the land and the unique contributions they make to the life of this area. Canberra Health Services also acknowledges and welcomes Aboriginal and/or Torres Strait Islander peoples who are part of the community we serve.



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