USE CORRECT BREASTFEEDING POSITIONING:

♦ Get comfortable and put a book or a box under the feet so the lap is flat.
♦ Hold the baby “chest to chest”.
♦ Line up the baby’s body so that the ear, shoulder, and hip are in a straight line.
♦ Hold the baby behind the neck and shoulder to guide to the breast.
♦ Support the baby’s bottom in the crook of the arm.

HELP THE BABY TO GET A WIDE OPEN MOUTH TO LATCH:

♦ Line up the baby’s nose with the nipple.
♦ Allow the head to tilt slightly backwards as it meets the breast.
♦ Express a drop of milk.
♦ Bring the baby’s mouth to the nipple and allow licking.
♦ Wait for a wide open mouth.
♦ Quickly pull the baby to the breast and onto the nipple.

SOFTEN THE BREASTS IF TOO FULL OR HARD:

► Cover both breasts with an ice pack for 3-4 minutes.
► Massage the breast to help get the milk flowing.
► Hand express or pump the milk to soften the breast.
► Repeat the ice packs every 2-3 hours until the breast is softer.

HELP DRAW OUT FLAT OR INVERTED NIPPLES FOR A BETTER LATCH:

► Sit up in a chair with a pillow supporting the back so that nipples are more erect.
► Use a breast pump to draw out the nipple for a few minutes just before putting the baby to the breast.
► Quickly bring the baby to the breast with a wide open mouth.

For more information call:

Adapted from the Arkansas Department of Health WIC Program.