

Positioning - The Key to Successful Attachment



❖ Hold baby behind the back & shoulders.

❖ Allow baby's head to fall back onto your wrist & forearm.



❖ Snuggle baby in underneath your breasts.



❖ Turn baby's whole body to face you.



❖ Chest into the base of your breast.

❖ Chin into the breast.

❖ Nose away from the breast.



❖ Your shoulders & arms will be in a relaxed & natural position.