Breastfeeding Posture
Supporting a Healthy Back and a Happy Baby

Baby’s position checkpoints:

– Ear is in line with shoulders
– Arms rest around the breast
– Chin drives into the breast
– Nose should be nearly touching the breast
– Flanged lips around the areola (at least ½ inch from the base of the nipple)

Mom’s position checkpoints:

– Back supported with ears over shoulders and shoulders back
– Pillows, Boppy, or My Brest Friend pillow on your lap supporting your arms
– Feet supported by a footrest or book
– Slightly reclined position can help baby
– Bring baby to the breast, NOT breast to the baby
**Good Positioning**

- Back is supported by pillow to allow for good alignment of ears over shoulders and lumbar support.
- Pillow is on lap to support arms and baby allowing Mom to comfortably bring baby to breast.

**Poor Positioning**

- Neck, back and shoulders are rounded which increases strain on the muscles and can lead to neck and back pain.
- Feet are not supported and are unable to provide a stable base.
- No support for arm increasing strain on upper neck muscles and arm muscles. This is more difficult for baby to be in a comfortable and optimal feeding position.