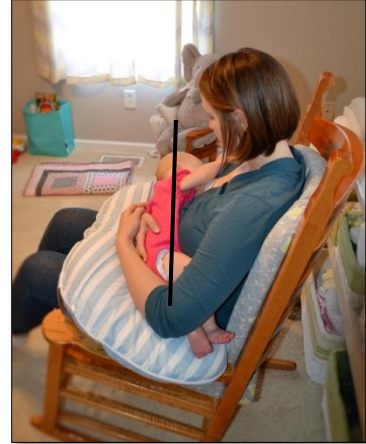


Breastfeeding Posture

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

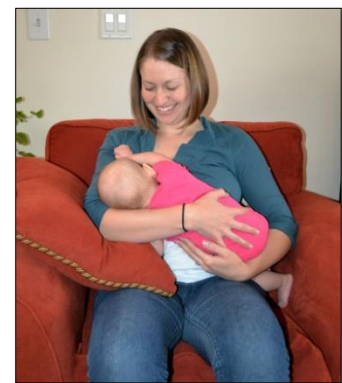


Good Positioning



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.