



Breast Feeding, Attachment and Positions

Learning to breast feed is a new skill, it will take time and patience to get the hang of it. Getting a good attachment is important because it prevents damaged nipples, maintains a good milk supply, and empties the breast to prevent mastitis.

There are two methods you can use when attaching your baby to the breast, baby led attachment and mother led attachment.

Baby Led Attachment

- This attachment technique allows your baby to find the breast instinctively
- You can start this method as soon as your baby is born
- Make sure you are sitting in a well-supported position and chair
- Use some pillows for support if that helps
- Use skin to skin contact which encourages your baby's natural instincts
- Wait for your baby to calm
- Hold your baby facing your chest with their legs towards your hips
- Support your baby behind their shoulders
- Let your baby follow their natural instincts to find the breast
- Wait for your baby open their mouth and attach to your breast



Mother Led Attachment

- This attachment technique is more traditional and is where the mother leads the baby to her breast
- You can start this method as soon as your baby is born
- Make sure you are sitting in a well-supported position and chair
- Use some pillows for support if this helps
- If using a pillow on your lap, do not raise your baby higher than the natural fall of the breast
- Hold your baby with their chest facing your chest
- Make sure your baby's nose is in line with your nipple



Mother Led Attachment (Cont.)

- Hold your baby behind their back and shoulders, not their head
- Tuck your baby's bottom in towards your body with your elbow, which encourages your baby's head to tilt backwards
- Cup your breast with your opposite hand and brush your nipple across your baby's nose to encourage them to open their mouth wide
- Point your nipple towards your baby's nose
- When your baby opens their mouth wide, quickly bring your baby up onto your breast
- Your baby will stop and start with their sucking, pausing for rests

How Do I Know If the Attachment is Good?

- You should not feel any pinching or stinging as your baby is feeding, you will feel a drawing which is not painful
- Your baby is sucking deeply, you will see the top of their jaw moving
- Your baby's bottom lip will be sitting low on the areola and turned out, not sitting under the nipple
- Your baby's chin is pressed into your breast and the nose is free
- Your nipples are healthy and not damaged
- Your breasts feel softer after the feed

