

When you breastfeed, it is important to have your baby in the right position. This can help decrease nipple soreness. There are many different positions that you can use to breastfeed. Choose the one or ones that are best for you and your baby.

Sitting Positions



“Cradle” Position

1. Sit comfortably using pillows for support.
2. Place your baby facing you, lying on his side, his tummy to your tummy.
3. Hold your baby at breast level. You may need pillows to raise him up until he is old enough to reach your breast while resting in your lap.
4. Hold his head near the crook of your arm. Support his back with your forearm and his bottom or upper thigh with your hand.
5. With your free hand, support and offer your breast.

“Football (Clutch) Hold” Position

1. Sit comfortably using pillows for support.
2. Place one or two pillows or extra towels at your side.
3. Rest your baby’s bottom against your back support.
4. Support her back and neck with your forearm and her head with your hand.
5. Your baby’s body should be snuggled close to you and should be facing your nipple and areola.
6. Center your nipple in your baby’s mouth and pull your baby onto your breast as she latches on.



Lying Down Positions



On your side...

1. Rest comfortably, lying on your side.
2. Use pillows to support your head, back and between your bent knees.
3. You can lay your baby on his side on the bed or sofa next to you.
4. His head should be face level with your nipple and areola.
5. Use your free hand to hold and offer the breast that is closest to the bed or sofa.
6. Relax and enjoy this quiet time with your baby.



“Cross Cradle” Position

1. Support your baby’s head in your left hand and support her back against your forearm.
2. Support your right breast with your right hand.
3. Hold your baby tummy to tummy and offer your right breast.

This information has been reviewed and recommended for use by the UAMS/CPED/Patient Education Advisory Committee.