



NUTRITION TIPS

Getting Ready For Breast Feeding: Mother's Position

How you sit, how you hold your baby and how you offer your breast all affect how your baby breastfeeds. What's more, positioning ultimately determines how comfortable you will be during breast feeding.

Sitting-upright in an arm chair or rocking chair is the easiest position for breast feeding. You can also sit up in bed, but make sure that your back, shoulders and knees are well supported. You'll need several pillows. Place one or more pillows behind your lower back or shoulders so that you are comfortable.

You'll need at least one pillow on your lap to bring up baby to the level of your breast, and another under the arm that will support your baby as he breast feeds. Learn back onto the pillows behind and be sure you are bringing baby to the breast, and not the breast to the baby. That way, you'll not get a tired sore back when you're done with breast feeding. Remember, you'll be on that one spot for 20 to 30 minutes while you breast feed.

Getting Ready For Breast Feeding: Baby's Position

Before you breast feed, be sure that your baby is awake and



alert. A sleepy new born cannot nurse effectively. Undress baby down to just her diaper, so that she has lots of stimulating skin contact while nursing.

Babies as well as mothers should be comfortable during breast feeding. Baby's breast feeding reflexes work best when baby is well supported with her body comfortably aligned. Use one or more pillows on your lap to bring baby up to the level of your breast. The baby comes to the breast, not breast to the baby.

Nestle baby in your arms so that her neck rest in the bend of your elbow, her back along your forearm and her buttocks in your hand. Turn your baby on her side so that she is facing you, tummy to tummy. Pull her close to you so that her body wraps around yours.

Getting Ready For Breast Feeding: Clutch Hold Position



In the clutch hold position, baby is held to the side of the mother during breast feeding tucked under arm. This position is essentially helpful for babies who come off the nipple frequently during breast feeding or arch their backs and squirm at the breast. It also gives a good view of the baby latching onto the breast. Use

one hand to support your baby. The hand that is not holding the baby supports your breast. Supporting the breast with your hand keeps the weight of it off baby's lower jaw and chin.

Sit up in bed or in a comfortable arm chair with your back and shoulders well supported with pillows. Position one or more pillows at your side to bring baby up to breast level. Pull baby close to you. Learn back into pillows behind your shoulders, rather than hunching forward over your baby. Then bring baby to the breast, not the breast to the baby.

Getting Ready For Breast Feeding: Side-lying Position

Learning to nurse your baby lying down is invaluable. The side-lying position is relaxing and gets you much-needed sleep. It will also help your baby to breast feed properly. You can squeeze out a few drops of colostrums or milk to moisten your nipple. You can use this position to nurse your baby at night or to nap-nurse during the day. This position is also beneficial for the mother who had a caesarean birth. The lying down is basically the same as the cradle hold, but with baby and mother lying on their sides facing each other.

Support your body with as many pillows as possible while nursing because when mum is comfortable, baby is likely to be comfortable. However the side-lying position is not the best to start with when you have just given birth because you are less able to manoeuvre baby's head and guide to the breast.

The best thing is establish good latch-on habits first, then use side-lying position.



* For more information on child nutrition

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