



Women's, Infants, and Children
Supplemental Nutrition Program

Department of Public Health
City and County of San Francisco

Your Guide To Breastfeeding

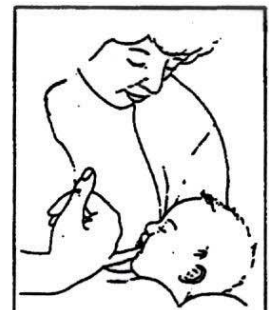
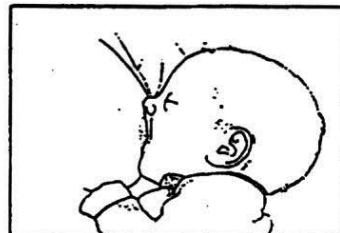
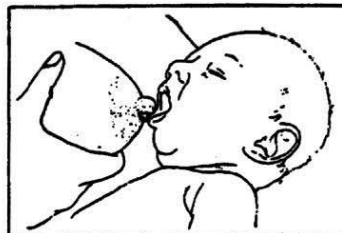
Positioning

- Being comfortable will help you breastfeed. Use extra pillows to support your back and to support the baby.
- Proper positioning is the best way to avoid sore nipples
- The infant should be sucking on the areola (the dark part around the nipple).
- Look for a wide open mouth. You should see your baby's lips flared out against your breast.
- Try different positions. As your baby grows some positions may be more comfortable than others.

Getting Started

There are some basic steps you need to follow to begin feeding.

- Turn the baby toward you so that its tummy is touching your tummy.
 - Make sure the baby's body is in a straight line. Imagine a line between the baby's nose and belly button.
 - Hold the breast with your thumb above the areola (the dark part of the nipple) and the rest of your hand below. Your hand should be in the shape of a "c". Be sure your hand is not too close to the nipple so that there will be room for the baby's mouth on the areola.
- The pictures below show:
- Tickle the baby's lips with your nipple until her **mouth is wide open**.
 - Be sure that you bring the baby to the breast, not the breast to the baby.
 - After feeding, break the suction by inserting your clean pinkie finger into the baby's mouth.



Four Ways To Hold Your Baby



□ Cradle Hold

- Cradle the baby's head at your elbow
- Support the baby's bottom with your hand.
- Turn the baby so that its tummy is touching your tummy.
- Use your free hand to hold your breast.
- Tickle the baby's lips with your nipple until her **mouth is wide open.**
- Pull the baby towards the breast.
- Put your nipple in the center of your baby's mouth.



□ Cross Cradle Hold

- Support the baby's head and spine with the opposite arm of the breast your baby will nurse from.
- Support the baby's bottom with your inner arm so that your baby is lying across your lap.
- Turn the baby so its tummy is touching your tummy.
- Use your free hand to hold your breast.
- Tickle the baby's lips with your nipple until his **mouth is wide open.**
- Pull the baby to your breast.



□ Football Hold

- This is a good position if you had a cesarian or a premature baby.
- Place the baby on a pillow at your side.
- Support the baby's spine and neck with your arm and hand.
- Rest the baby's bottom against the back of the chair or wall. Your baby's legs will curl up under your arm.
- Hold the breast with your free hand.
- Tickle the baby's lips with your nipple until her **mouth is wide open.**
- Pull the baby to your breast.



□ Lying Down Position

- A lot of mothers like this position for nighttime feeding.
- Support the baby's back with a pillow
- Turn the baby so its tummy is touching your tummy.
- Make sure the baby's body is in a straight line.
- Tickle the baby's lips with your nipple until her **mouth is wide open.**
- Pull the baby to your breast and enjoy these moments with your baby.

For breastfeeding questions, pump loans, classes, or other help, call your WIC Clinic.

Standards for participation in the WIC Program are the same for everyone regardless of race, religion, national origin, color, sex, political beliefs or handicaps. Persons believing they have been discriminated against may write to: Secretary of Agriculture, United States Department of Agriculture, Washington D.C. 20250. Developed by the San Francisco Department of Public Health WIC Program, Rev., 8/2002.