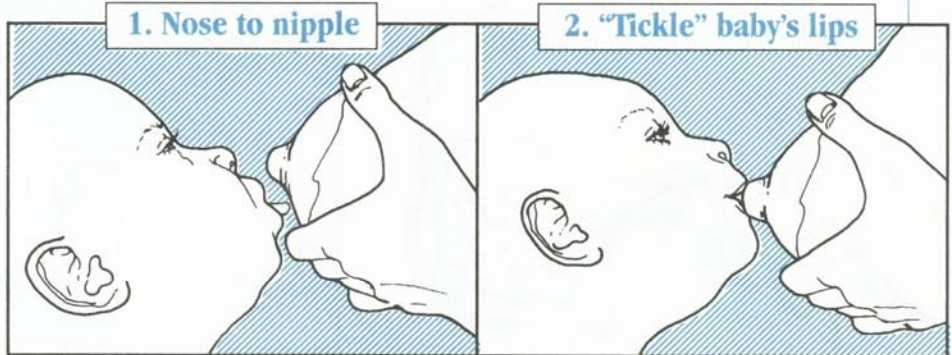


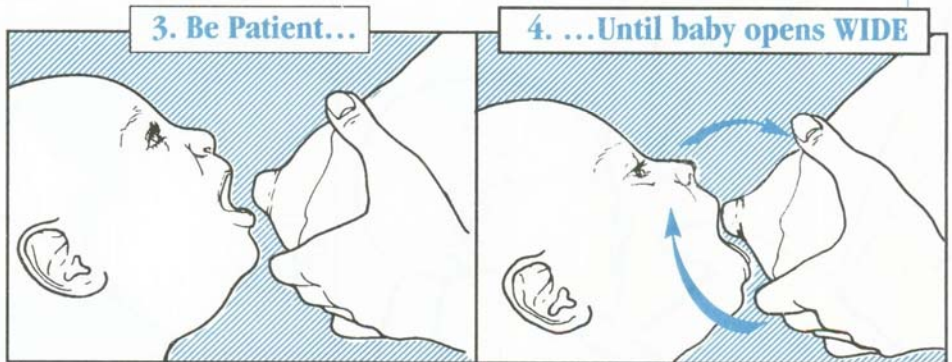
Starting a Feeding



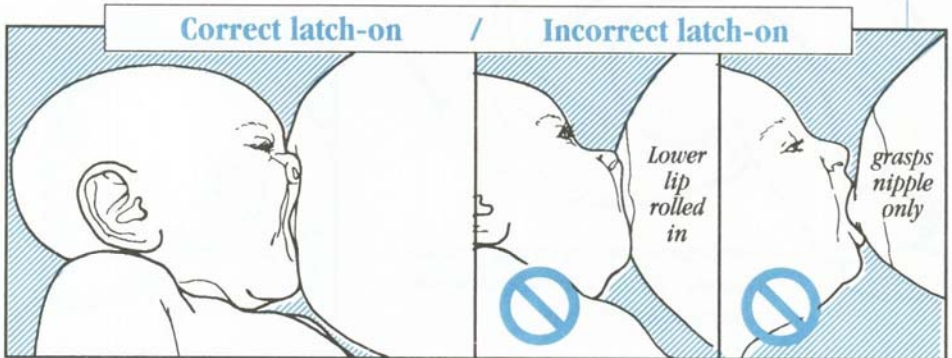
Be sure that both you and your baby are in a comfortable and relaxed position before beginning to breastfeed.



- Gently rub your baby's lips with your nipple to start his rooting reflex.
- Some babies may lick the nipple a few times. This is fine and may help your baby find your nipple.



- Be patient. When your baby opens his mouth **WIDE**, quickly bring his mouth up onto your breast. Let his lower jaw and lip touch your breast first and then his upper jaw and lip.



- Be sure your baby's top and bottom lips are rolled outward, and his tongue cups your nipple and areola. His nose will touch your breast.

Breastfeeding is a special gift only you can give your baby.



Call your baby's care provider and a lactation consultant if your baby does not seem to be gaining weight or if you have any questions about breastfeeding your baby.

Comfort Positions for Breastfeeding



Front Hold



Football Hold



Sitting in Bed



Sitting on a Floor



Lying Down



Sitting in Chair

*Illustrations by Marianne Brorup-Weston, from the pamphlet **How to Breastfeed Your Baby**. Published by the International Childbirth Education Association (ICEA). ICEA, PO Box 20048, Minneapolis, Minnesota, 55420-0048 USA.*

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