

**Essential Insights into  
Breastfeeding  
Series 5**

**BREASTFEEDING  
TECHNIQUES  
AND TRICKS YOU  
NEED TO KNOW  
FOR YOUR BABY**



# Introduction

Breastfeeding is a skill both mother and baby learn together. Sometimes the baby will refused to breastfeed and it can often stressed out or concern the mother. Safe and comfortable breastfeeding can happen when the mother is educated with proper techniques and tips. Learning techniques and tips can make breastfeeding easier for both mother and the baby.

In this series, we made sure to cover all the available techniques and tips for the breastfeeding mothers and soon to be mothers.

We want every mother to have a comfortable, enjoyable breastfeeding experience.

## Breastfeeding techniques to try for your baby

No two parents are alike and neither are their babies and hence it is important to understand that every mother has her own breastfeeding technique that allows her and her baby to have a comfortable feeding time.

Following are some breastfeeding techniques you can try for effective breastfeeding

- Cradle Hold – One of the most traditional breastfeeding positions, cradle hold is the common position we imagine when we think about nursing.

In cradle hold, hold your baby's body arm near to the breast you will be nursing from. If you are feeding from the right breast, hold their body with your right arm. Gently cradle their back with your forearm and make sure baby is tummy to tummy with you.

## ·Football Hold

Also called as the rugby hold, it is one of the best position to try after C –Section as it takes most of the weight of the baby off your lap and incisions.

In Football hold, you hold your baby on the side of the body, while your arm supports their back and fingers gently supports their little neck.

Often a pillow is used to support baby's body for a comfortable feeding time.

## ·Breastfeeding in Baby Carrier

For feeding your baby in a baby carrier, place them in a hug position then shift the whole carrier, including your baby slightly downward.

If needed, you can also shift your baby to your side. You can either shift the baby to the side you are going to nurse or you can shift them to the opposite side.

Now tilt them to your opposite breast.

Line up your baby's head and face towards your chest, lift your tshirt and feed them.

You might need to support your baby's head.

## Part 2 – Lying Positions

### Laid back nursing

Also known as biological nursing is used when you lie back in a comfortable semi- reclined position on a bed or couch. Also very helpful for the c-section mothers

Lean back on a sofa or a bed

Align yourself with cushions or pillows so your back, Shoulders, and neck feel comfortable

Once comfortable, place your baby on your front. Your baby's tummy should be resting on your tummy or you can also lie them on your side

Make sure you are in a position where you can look in your baby's eyes

Gently guide your baby towards your nipple

## Side Lying Position

If the you and your baby are both comfortable lying down while feeding then this can be one the best positions to try

- First lay on your side and then place your baby on their side.

Your baby should be facing you, with their head at your breast.

For more comfort, support your back with pillows and make sure that your baby's nose is not obstructed.

## Dangle feeding

While breastfeeding if you are dealing with plugged milk duct and Mastitis, this position can be a lifesaver for you.

- Lay your baby on their back and lean over them on all fours while offering them your breast

You can massage your clog and your nurse and the gravity will help drain your breast milk to your baby.

## Breastfeeding in summer – 5 tips for comfortable feeding

- Staying Hydrated
- Applying sunscreen with care
- Wearing bra or gel pads
- Choosing nurse friendly covers
- Don't overthink

Breastfeeding in summers can be uncomfortable and sweaty for both you and your baby, but don't worry with these five tips, summer season can become just like any other season for you while feeding your baby.

Staying Hydrated- Drinking water is a must every day, and it becomes extremely important for breastfeeding mothers.

The summer season brings a lot of dehydration and exhaustion, and as you are the one producing milk for your baby,

it takes about 500–1000 calories on average to produce breast milk, which makes it important for you to stay hydrated.

Don't worry about your baby being dehydrated, as they get all the necessary fluids from you.

You, as a mother, need to take care of yourself and stay healthy during the hot season.

Applying sunscreen with care – Sunscreen is important for everyone, as it protects us or reduces our chances of getting skin cancer.

There are many sunscreens on the market that are pregnancy-safe, and they can save you from getting tan. Sunscreens are typically okay if your baby is at least 6 months old.

For mothers, make sure you don't apply it to your breast area, as the sunscreen can get into your baby's mouth.

Wearing bras or Gel Pads- Another tip we have for breastfeeding moms in the heat and summer season is to wear bras and gel pads to keep you cool.

Many mothers feel uncomfortable stepping into water or wearing swimsuits as they fear they will leak breast milk, and later they have to clean their breasts before feeding their baby.

One thing you can do is feed your baby before stepping into the water or wear bras or gel pads that may stick to your breasts and not make you uncomfortable.

Choosing Nurse friendly covers- If you are breastfeeding, pumping, or even pregnant, you want to wear something that is light and breathable in the summer season.

The good news is that nursing covers and baby blankets are available in all shapes and sizes and also in materials. A lightweight cotton like Muslin is great for summers, both for you and your baby.

Don't overthink- As a parent, it is okay to be concerned for your baby, but don't worry. Keep in mind that babies are growing up in all parts of the world in different weathers and climates, so don't get scared for your baby's ever-changing development in the changing season.

With proper tips and care, you and your baby can have a normal day. Keep in mind that breast milk is specifically made for human babies, and there's no greater nourishment for your baby than your breast milk.

## 6 Breastfeeding tips for new moms

- Arm yourself with right Nursing supplies
- Breastfeed your baby right after their birth
- Try different ways to latch
- Try different breastfeeding positions
- Breastfeed from both breasts equally

Don't give up on breastfeeding in sickness

·Arm yourself with right Nursing supplies – first few days of breastfeeding can be hectic, so it's better to be prepared with right supplies like Nursing bras, nursing nightdress, muslin cloths, Nipple creams ( use Nipcare) for sore and cracked nipples, disposable nursing pads

Breastfeeding your baby right after their birth – Immediate skin to skin contact immediately after birth helps to regulate new-born's body temperature and exposes them to beneficial bacteria from mother's skin.

Also the colostrum contains antibodies and nutrients that supports your baby's immune system to grow.

Try different ways to latch- A poor breastfeeding latch can give your sore nipples. It can also mean that your baby is not able to drain your breast effectively which can lead to poor health growth, reducing your milk supply.

With proper help and techniques you can find ways to easily latch your baby to breast.

Try different breastfeeding positions- With correct position your baby will be able to suck, swallow milk and breathe easily.

Breastfeed from both breasts equally- To keep equal milk supply in both breasts and to prevent painful breast engorgement it is best to feed your baby from both breast alternately.

Don't give up on breastfeeding in sickness – Even when you are sick, it is necessary to breastfeed your baby. Only under certain medical conditions you should abstain from breastfeeding, but in most medical conditions you can continue feeding your baby. Make sure to take medications and proper guidance from your gynaecologist.

### 3) Tips on breastfeeding with twins

- Consider a nursing pillow
- Put a set up
- Now find the right nursing position
- Alternate breasts
- Do what works best for you
- Make sure you focus on your latch

Breastfeeding with twins can be challenging and tiring at the same time for mothers. As a mother you have two mouths to feed, two little bodies that needs to be balanced and a mother who needs to figure out everything including her own health.

In the first few months of breastfeeding, try nursing your twins on the same schedule. However you need to keep in mind that your identical twins may have different personalities, appetites and also nursing patterns.

So make sure you try to understand their patterns and nurse them according to their needs.

Understanding this will make it easier for you to breastfeed your twins.

Most moms struggle to breastfeed when they have twins, so don't be afraid to ask for help from you gynaecologists and paediatricians.