



Breastfeeding Positions

You may have questions about getting started breastfeeding. It is not always easy to get off to a good start, but knowing how to position your baby can help.

Go to www.babycenter.com/general/8784.html and read about positioning. Then, answer the

following questions.

1. The _____ hold is good for small babies or infants who are having trouble latching on.
2. These 2 holds are more comfortable if you have had a cesarean section.

3. The _____ hold is good for full-term babies.
4. T or F You should not use pillows to support your back, arms, or the baby when nursing.
5. T or F You should hold the areola when offering your baby the breast.
6. What is the best way to avoid clogged milk ducts?

7. Before you start breastfeeding you should
 - a. eat
 - b. take a few deep breaths
 - c. get a glass of water to drink
 - d. relax
 - e. b, c, and d