



Breastfeeding methods and techniques 母乳哺餵的方法與技巧(英文)

Preparation for Breastfeeding Posture

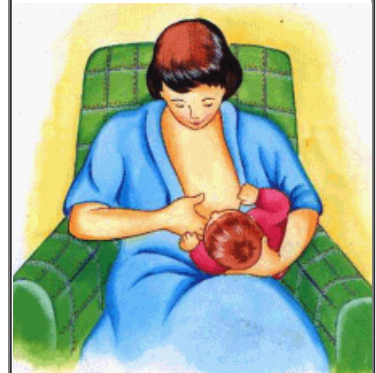
Front hold or Cradle Position

- Use pillow to support your back
- Pillow over the crossed legs to support baby's head and neck
- Have baby facing mother and stay close
- use a stool to support your legs and knees



Underarm Position

- use pillow to support your back and elbow area
- put baby under your armpit, use one of your arms to support baby's body and head
- have baby facing mother and keep baby close to you horizontally



Lying Down Position

- mother lies sideways with pillow support



Breast feeding Method

- Place your thumb on the top with the rest of 4 fingers below the breast to form a supporting arch.
- Place your thumb and index finger on the nipple with the rest of the fingers supporting the breast below the nipple.



Baby sucking include nipple and areola

- Make use of the instinctive reflex of the baby to have it turn toward mother
- Use one of your nipple to touch baby' s lips
- When baby' s mouth is wide open, place the nipple in the mouth.
- Most important, bring baby close to mother' s body

Effective sucking technique

- For baby to effectively drink breast milk, have your areola and nipple in the baby' s mouth completely.
- When baby suckles on your nipple, he or she would display distinctively facial features with clear swallowing sound.

Signs of baby in need of feeding

- If the baby is hungry, he or she would wiggle the head, open the mouth, and search for nipple.
- If the baby is bigger, he or she would turn his or her head facing your breasts. You can also see the facial muscular motion and swallowing sound.