



Breastfeeding in the side-lying position

In this video you will learn a breastfeeding position called the "Side-Lying" position.

This position is very useful for mothers who are recovering from a c-section or a recent episiotomy.

It also makes it easier for the mother to rest and also for the baby to fall asleep.

Lie down on your side.

For greater comfort, you can put cushions behind you for back support, beneath your head or between the knees.

You must be relaxed, with no muscular tension.

lay the baby on the side.

Nestle the baby against you, with their back supported by your forearm

Place them belly to belly, with their nose at the level of your nipple.

Make sure the baby doesn't have to turn their head to latch onto the breast.

It's not pleasant to drink with a twisted neck.

Keep the baby's ear, shoulder and hip well aligned.

The baby's lower arm can be placed around their waist or underneath the mother's breast.

To keep the baby facing you, you can also set a folded towel, a folded blanket or a small cushion behind their back.

Tickle the baby's upper lip with the nipple.

When the baby opens their mouth wide, bring them close to the breast quickly.

Do not lean toward the baby but instead draw them closer to the breast by pushing on their shoulder blades with your hand.

This will avoid ending up in an uncomfortable position.

Don't push on their head because it is sensitive, and instinct will make the baby move away from the breast instead of moving closer so as to breastfeed.

If the baby seems to have trouble breathing, do not press the breast with your fingers since you might obstruct a milk duct.

Try to bring the baby closer by holding his bottom against you. The angle will then change, and free their nose.

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