



# Breastfeeding in the "reversed madonna hold" position

In this video you will learn the breastfeeding position known as the "Reversed Madonna Hold" (it is sometimes referred to as the Reversed Cradle Hold)

During the first few days of breastfeeding it is ideal for the newborns who need help latching correctly onto the breast, since it is easier to guide the baby with your hand in this position.

sit down comfortably with a pillow behind your back, and raise your feet.

Hold the baby with the arm opposite to the breast you are feeding it with.

support their back with your palm, and place your thumb and index behind the baby's ears. Don't hold them too tightly, it is painful for the baby and will have no effect on the breastfeeding process.

Bring the baby close to you, belly to belly, and hold them with your forearm. Their nose at the level of the nipple.

Make sure that the baby doesn't have to twist their neck to latch onto the breast. It isn't pleasant to feed with the neck twisted in such a way...

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

Tickle the baby's upper lip with the nipple.

When the baby opens their mouth wide, Bring them closer to the breast quickly.

Do not lean toward the baby, but get their head closer by pushing on their shoulder blades with the palm of your hand.

This will avoid any uncomfortable positions

Don't push on their head, it's very sensitive and instinct will cause the baby to back away from the breast, rather than approaching it

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

Get the baby closer to you by holding their bottom against you. This will change the angle and therefore free the nose to allow for free breathing

This position is only to be used temporarily. Once the mother and the newborn have more experience, it is possible to switch to more comfortable positions.

<https://www.sikana.tv/en/health/learn-the-basics-of-breastfeeding/allaiter-en-position-madone-inversee>