



Laid-back Breastfeeding

Laid-back Breastfeeding means getting comfortable with your baby and encouraging natural breastfeeding instincts.

- Lean back comfortably on a bed or couch (not flat).
- Use pillows to help support your body.
- Lay your baby's whole front against you.
- Make sure your baby's cheeks and hands are close to your bare breast.
- Be patient and let your baby do what they are trying to do... nurse*

*Normal nursing baby behaviors include: baby's hands pushing or grasping the breast, head bobbing, sucking on hands and fingers, fussing, resting on breast, latching and re-latching as nursing starts

- Relax and enjoy each other!

For more information search for: Hamilton County WIC on YouTube or call 513-821-7012



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Relax and hold your baby

Heart to Heart

Every baby needs skin to skin time.

Snuggle with your newborn on your bare chest with baby's skin against your skin.

This closeness with your baby:

- Is a **gentle** way for baby to adjust to the outside world
- Sets your baby's **brain** in motion for healthy growth and development
- Makes baby **more calm** and less likely to cry
- Helps keep baby's **temperature** and **heart rate** where it should be
- Encourages successful **breastfeeding**

Babies need to be held as they grow.

This helps them feel safe and loved!

Dads can do this too!



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