



*the*  
**Chickasaw**  
*Nation*

The Chickasaw Nation Medical Center

# Women's CLINIC

**ISHKI' INCHOKMISHTO'**  
(HEALTHY MOTHERS)

## THE IMPORTANCE OF BREASTFEEDING

### BREASTFEEDING POSITIONS AND ATTACHING

Correct positioning and attachment is the most important aspect of successful breastfeeding. When your baby is well attached, also known as latched on, you will find it easier and more comfortable to feed. Proper attachment and positioning will help establish and maintain a good milk supply. Breastfeeding should not be painful. Nipple pain and damage can be prevented with proper attaching and positioning. Here are some examples of breastfeeding positions:



CRADLE



CROSS CRADLE



BACK LYING



FOOTBALL



AUSTRALIAN HOLD



INVERTED  
SIDE-LYING



SIDE-LYING  
CRADLE



SIDE-LYING

When snuggled close and given enough time, many babies will self-attach to the breast.

**Some helpful tips to help baby latch on:**

- Tickle your baby's lips with your nipple. This will help the baby open their mouth wide.
- Aim your nipple just above your baby's top lip. Make sure your baby's chin is not tucked into their chest.
- Aim your baby's lower lip toward the base of your nipple. Baby's lips should be turned outward like a fish. Your baby should lean into the breast, chin first and then latch onto your breast.

**Signs of a good latch from baby:**

- You see or hear swallowing
- Your baby's mouth opens wide around your breast
- The latch is comfortable and pain free
- Your baby's chest and stomach rest against your body, "belly to belly"