

Breastfeeding Positioning and Good Attachment

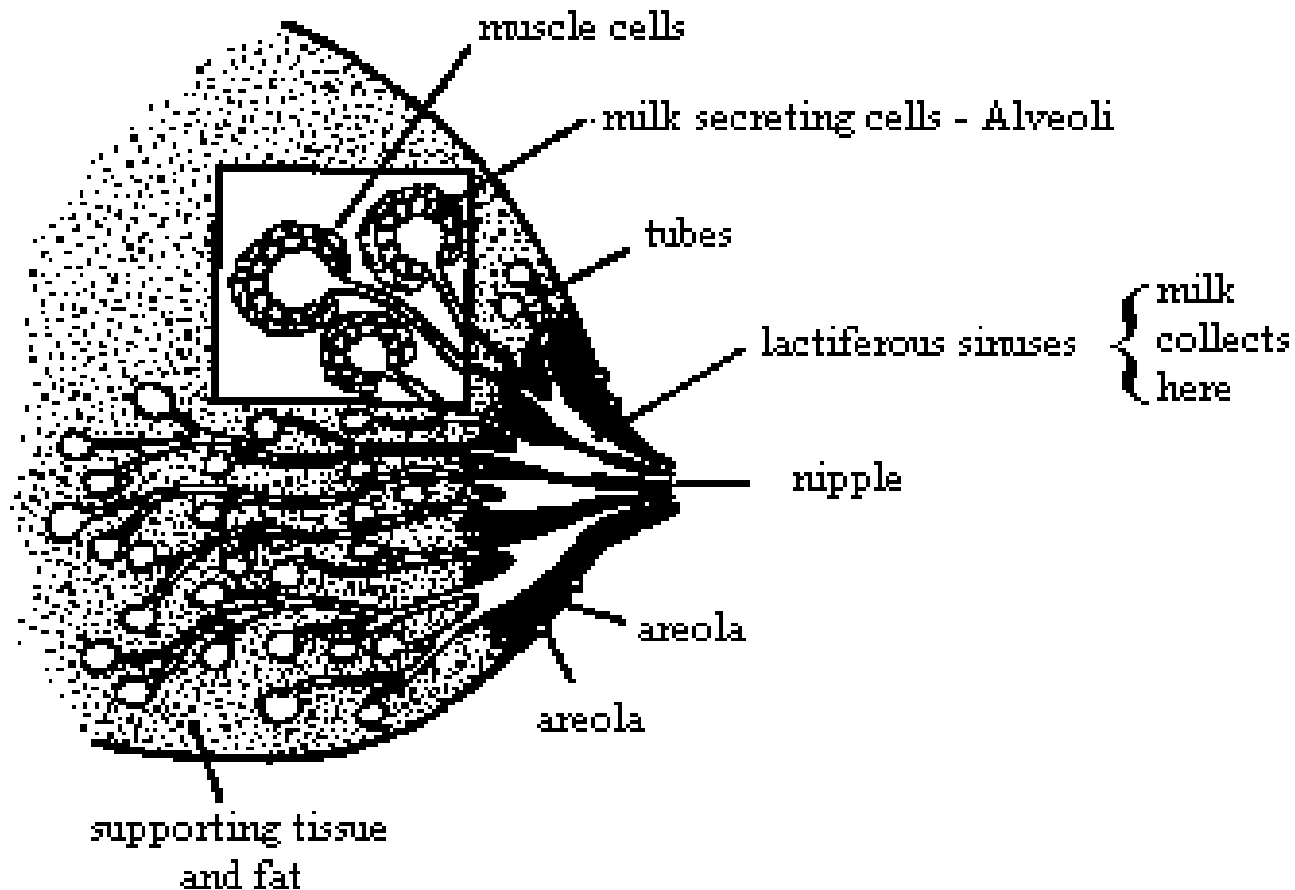
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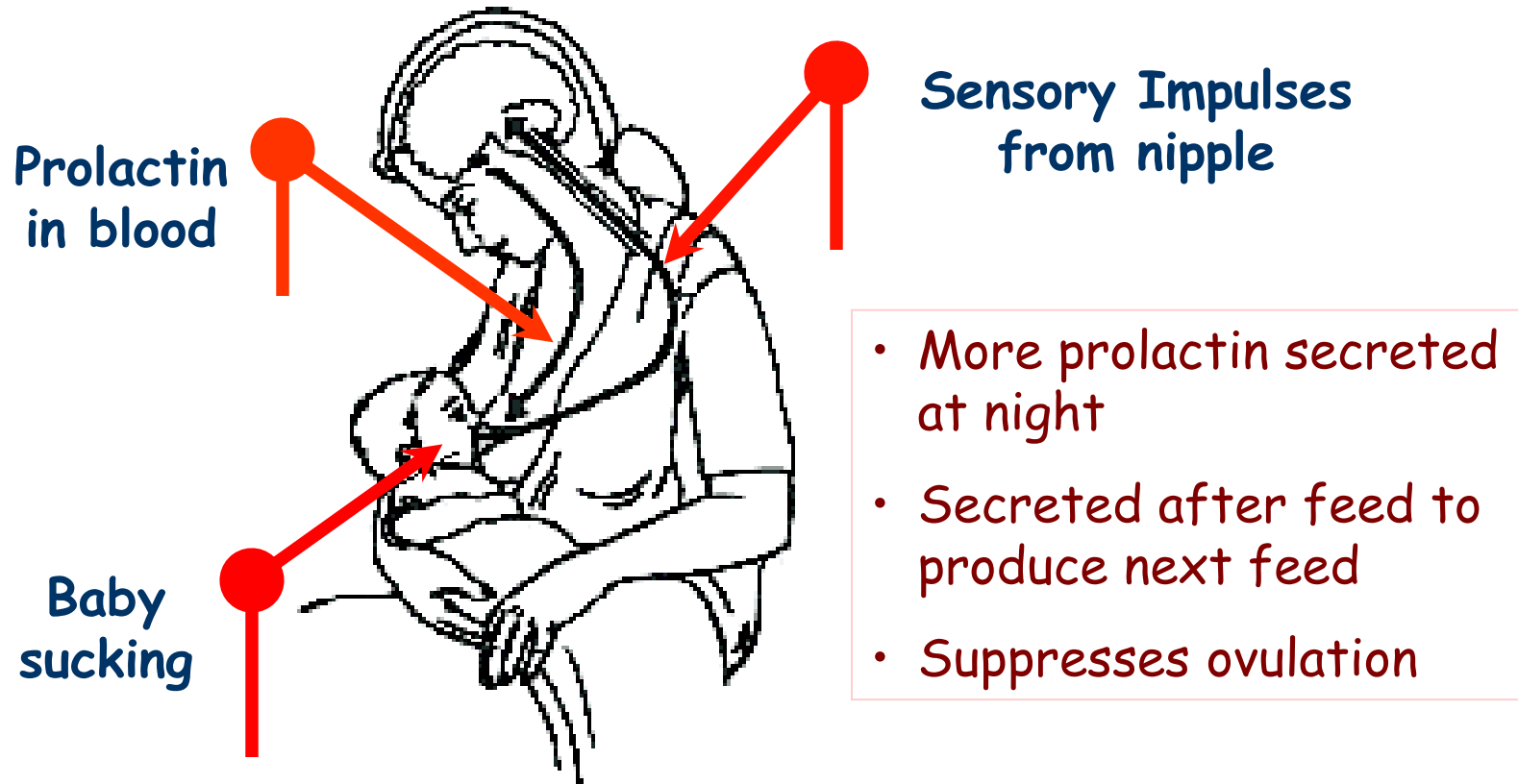
Topics Considered

1. Anatomy of Breast
2. Physiology of Breastmilk Production
3. Feeding Reflexes
4. Positioning and Attachment
5. Results of Poor Attachment
6. Baby Positions while Breastfeeding

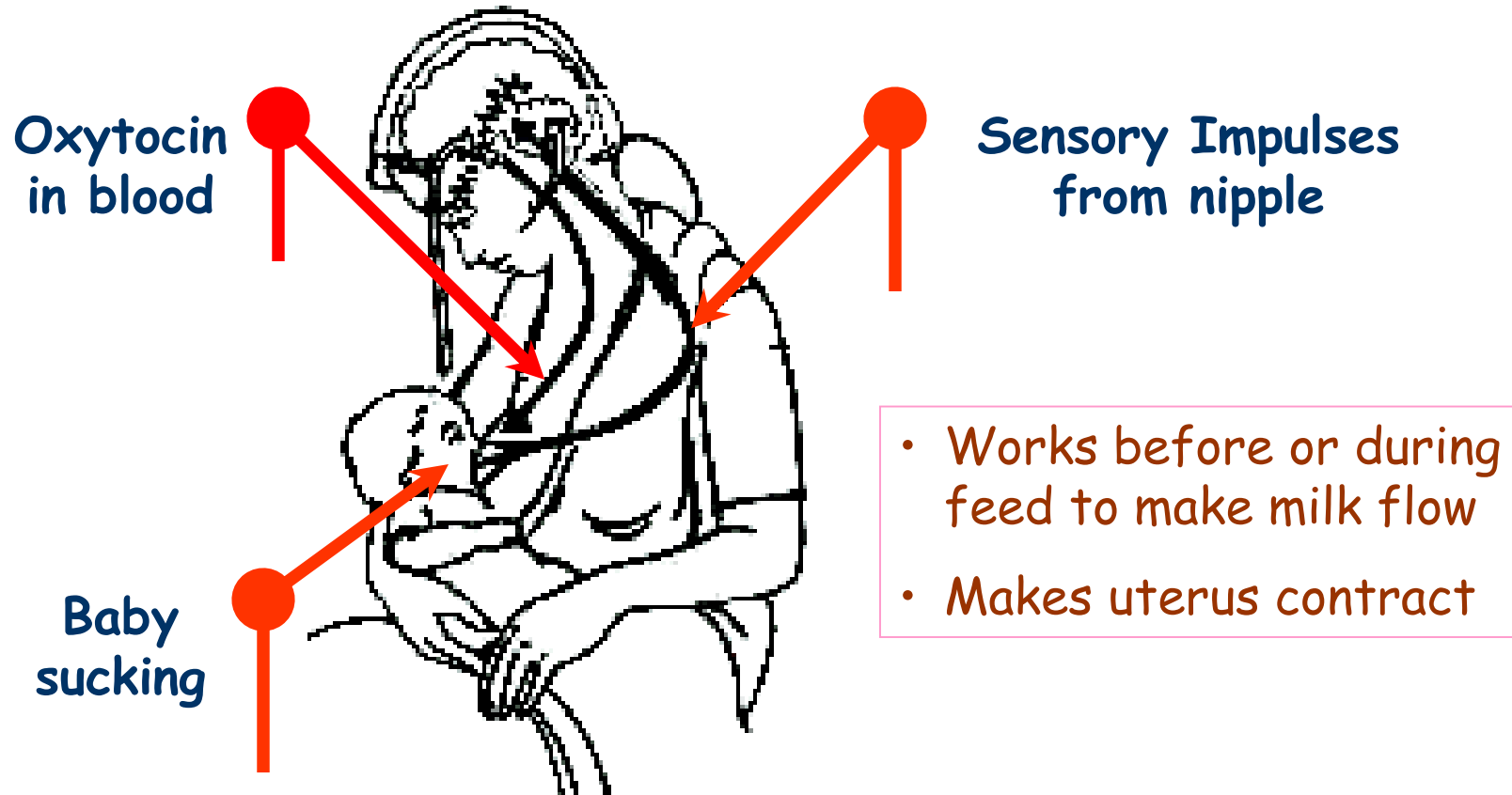
Anatomy of Breast



The Prolactin Reflex



The Oxytocin Reflex



The Oxytocin Reflex

Thinks lovingly
of baby
CONFIDENCE
Sound of baby
Sight of baby



Pain
Worry
Stress
Doubt

Neonatal Reflex

Rooting reflex

When something touches lips, baby opens mouth puts tongue down and forward

Skill

- Mother learns to position baby
- Baby learns to take breast

Sucking reflex

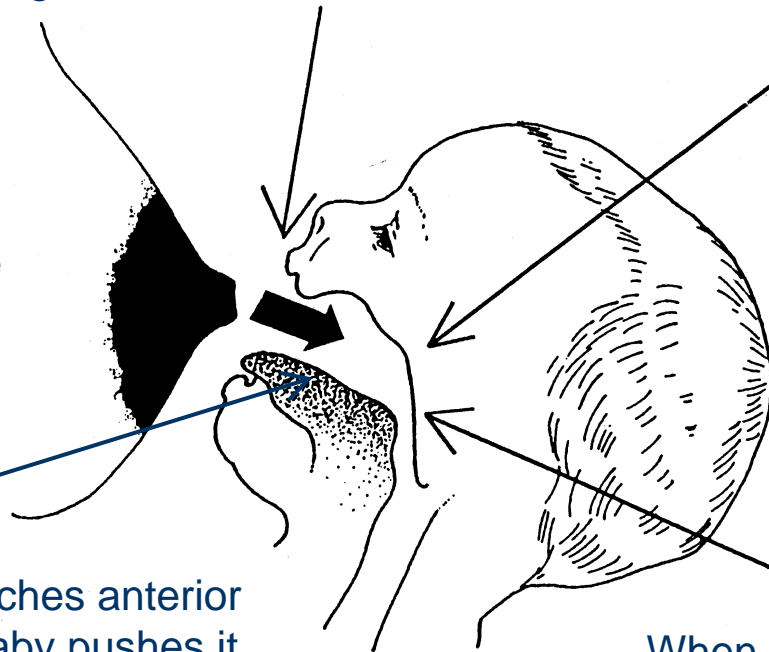
When something touches palate baby sucks

Gag reflex

When something touches anterior part of the tongue, baby pushes it out.

Swallowing reflex

When mouth fills with milk, baby swallows



Positioning

- Observe breastfeeding before giving help
- Help mother only if she has difficulty
- Let the mother herself do as much as possible
- Make sure that she understands what you mean so that she can do it herself

Mother who is sitting:

How to hold the baby

FOUR KEY POINTS

1. Baby's head and body should be in a straight line
2. The baby's face should face the breast, with his nose opposite the nipple
3. Mother should hold baby close to her body
4. If baby is newborn , mother should support baby's bottom, and not just head and shoulders

Mother who is sitting

REMEMBER

1. Mother should be in relaxed and comfortable position
2. A low seat is best. If the seat is too high support her feet with the help of a stool
3. Donot make her knees so high with the result that her baby is too high for breast
4. When sitting on bed use pillows/rolled bed sheets under her knees
5. If sitting on floor make sure her back is supported and she doesn't lean forward

How to support the Breast

For long and pendulous breast support with hand while offering it to baby may be required

1. Rest the fingers on chest wall under the breast so that the first finger forms a support at the base of the breast
2. Use thumb to press the top of the breast slightly to improve the shape of the breast
3. DONOT HOLD BREAST TOO NEAR TO THE NIPPLE

Mother who is lying down

REMEMBER

1. Mother should be in a relaxed and comfortable position
2. Mothers is NOT propped on her elbow
3. Four Key points
4. Lower arm can be used for supporting the baby and upper arm for supporting the breast, if required

How to help baby attach...



Baby touches the lips with nipple

How to help baby attach...



Wait till the baby' mouth is wide open

How to help baby attach...



Quickly move the baby onto the breast

How to help baby attach...

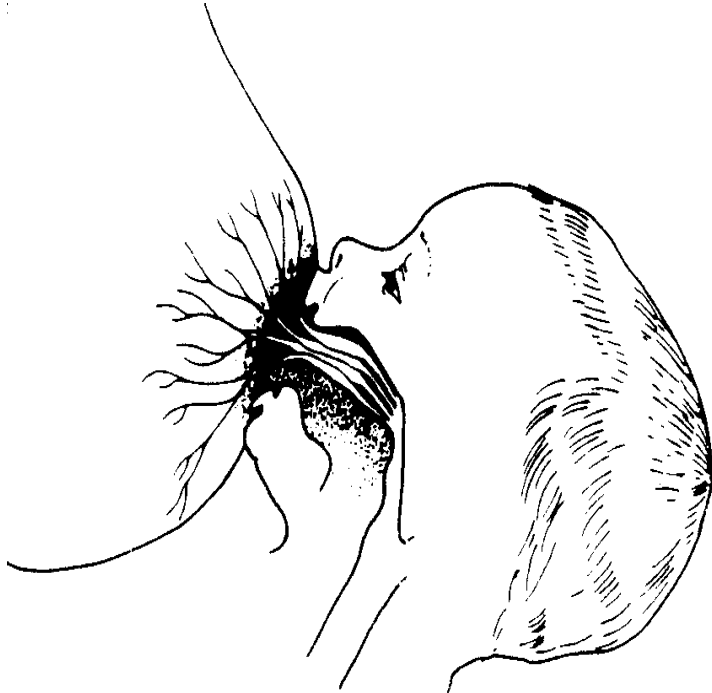


Aim baby's lower lip below the nipple

Look for all signs of **GOOD** attachment



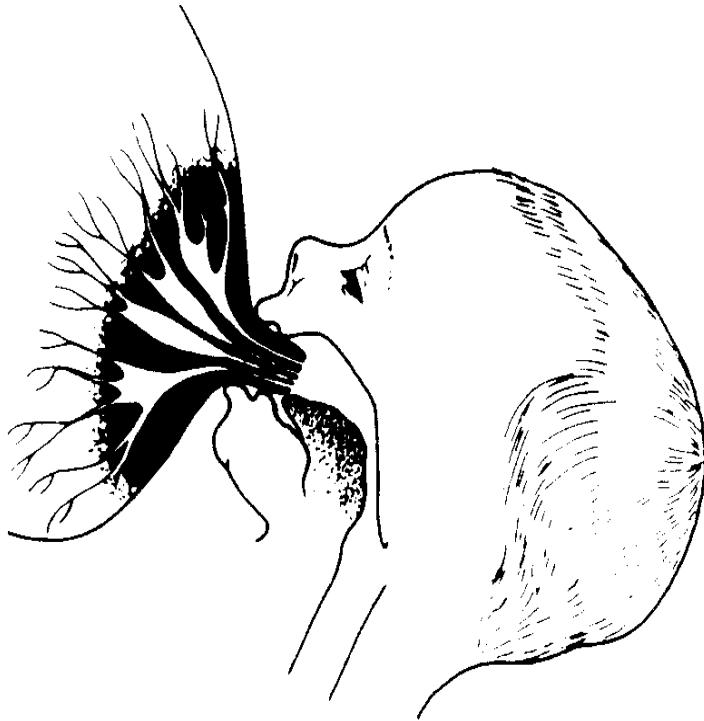
Signs of **GOOD** attachment



- More areola visible above
- Mouth wide open
- Lower lip turned outwards
- Chin close to the breast

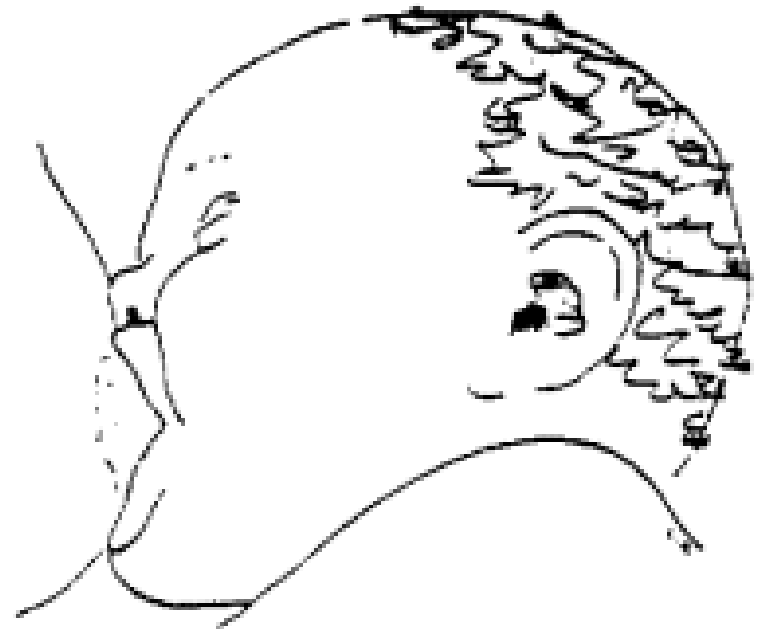
Tongue under sinuses & nipple against palate

If the attachment is POOR



- *Baby sucks only at the nipple*
- *Much of areola outside mouth*
- *Mouth is not wide open*
- *Chin is away from the breast*

Attachment - External signs

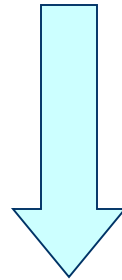






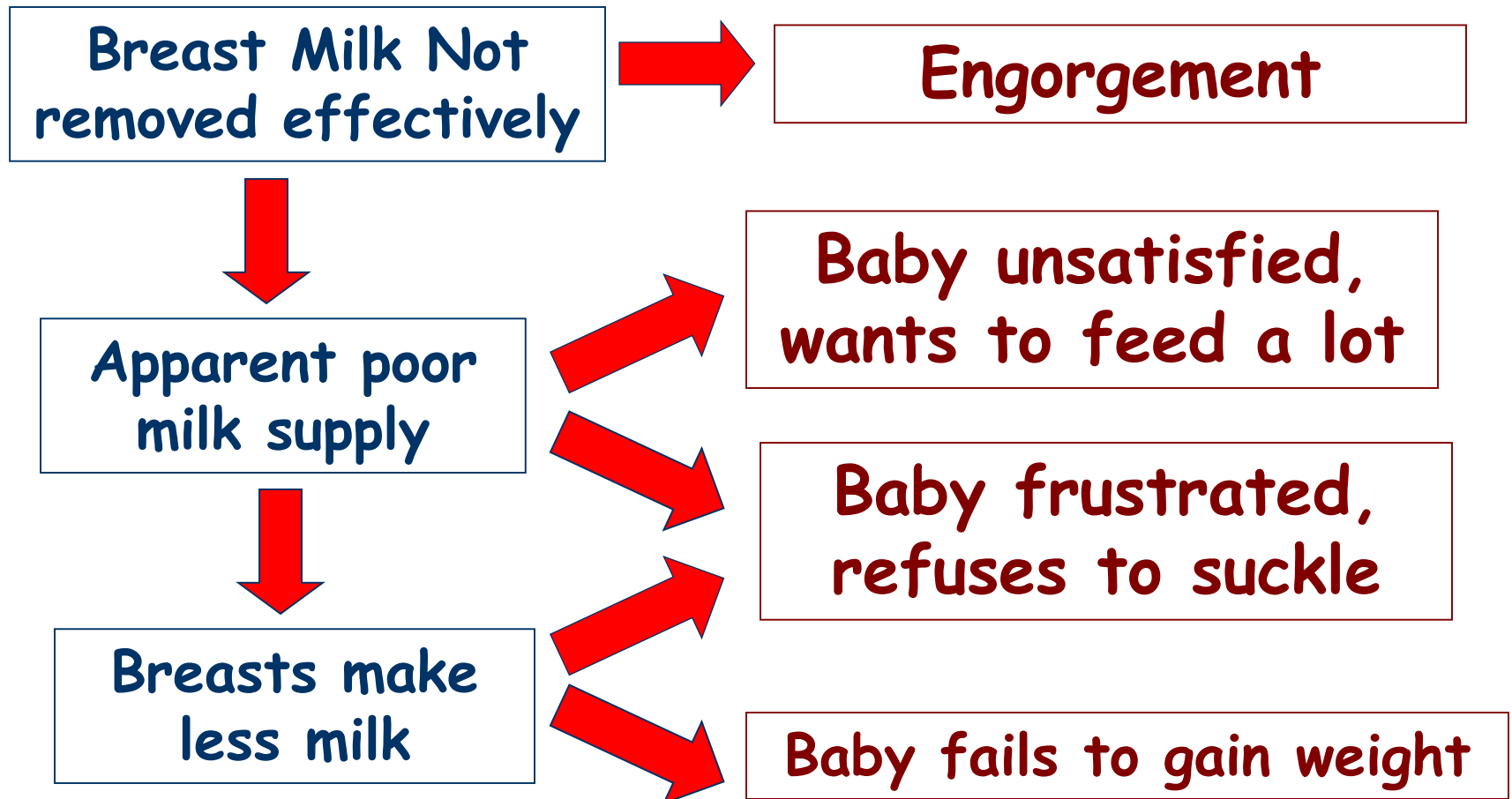
Results of Poor Attachment

Pain & Damage to nipples



Sore Nipples Fissures

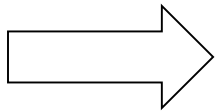
Results of Poor Attachment



Causes of Incorrect Sucking



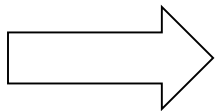
Use of Feeding bottle



Inexperienced Mother



Functional difficulty



Lack of skilled support

Baby Position



Cradle Hold

Useful for:

- Very Small babies
- Sick babies

Baby Position



Cross Cradle Hold

Baby Position



Football Hold (underarm)

Useful for:

- Blocked ducts
- Twins

Baby Position



Side Lying

Any queries

