

Signs that Feeding is Going Well

- * **Mother is relaxed and feels happy feeding her baby.**
- * **Baby looks healthy, alert and is growing.**
- * **Baby is calm and reaches or roots for the breast if hungry.**
- * **Mother's breasts are comfortable.**



Baby's position is good



- Held close to mother's body.
 - Head and body in a line so baby does not need to turn his head to find the breast.
 - Whole body supported with head movement not restricted.
- Held close, in line and supported applies to all feeding positions.

Baby attaches to the breast comfortably

- Start with nose opposite nipple.
- Chin and lower lip touching breast below the nipple.
- Give baby a little time to find a good place.
- Baby tilts head back and opens mouth very wide with tongue down.
- Support baby close to mother's body without pushing baby's head.
- Baby takes a large mouthful of breast.
- Baby's lower lip is turned out and well below the nipple.
- Mother is comfortable and baby sucking.



Milk goes from mother to baby

- There are slow, deep sucks.
- Baby's cheeks are round, not sucked in.
- Baby lets go of the breast when finished.
- Mother may notice breasts feel softer after feeding.



If feeding is not comfortable, find help from someone who knows about breastfeeding. Feeding your baby should be happy for you and your baby.

If baby is bottle fed

- Hold baby close so that baby can see you.
- Support baby's back.
- Let baby decide when he has had enough milk. Do not shake the bottle to get baby to take extra milk.
- Always stay with your baby. Do not prop the bottle and leave baby alone.

