



LA LECHE LEAGUE
CANADA

BREASTFEEDING AND BODY MECHANICS

- Find yourself comfortable first
- Rest baby belly to belly
- Use support pillows to support baby's weight and body
- Bring baby to the breast, not you to baby
- Lay back to support your back
- Put a wash cloth under large breast to help prop it up when in a reclined position
- Relax your shoulders
- If you are not comfortable, adjust your position