







HANDOUT: BREASTFEEDING POSITIONS

[MODULE 4: Strategies to Address Feeding Difficulties for Infants with Disabilities]

Position	Best for
Cradle 	<p>Full-term or larger infants</p> <p>Infants with breastfeeding already established</p> <p>Mothers and infants who are comfortable in this position</p>
Underarm 	<p>Infants with low tone</p> <p>Infants with tight or small jaw</p> <p>Feeding twins</p> <p>A good view of the infant's latch</p> <p>Mothers and infants who are comfortable in this position</p>
Cross cradle 	<p>Small infants or newborns</p> <p>Infants in need of positioning support</p> <p>Infants with weak suck</p> <p>Mothers and infants who are comfortable in this position</p>

<p>Reclined</p> 	<p>Supporting a deep latch</p> <p>Skin to skin and closeness to help calm an infant</p> <p>Mothers and infants who are comfortable in this position</p>
<p>Side lying</p> 	<p>Larger infants</p> <p>Tired mothers</p> <p>Mothers and infants who are comfortable in this position</p>
<p>Upright</p> 	<p>Older infants</p> <p>Infants with difficulty coordinating suck-swallow-breathe</p> <p>Infants with frequent reflux</p> <p>Infants with tongue tie</p> <p>Infants with low tone</p> <p>Infants with cleft lip</p> <p>Mothers and infants who are comfortable in this position</p>