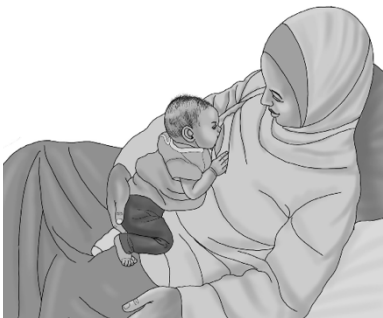


HANDOUT: BREASTFEEDING POSITIONS

[MODULE 5: Strategies to Address Feeding Difficulties for Infants with Disabilities]

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

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