

# Side Lying Breastfeeding

How to safely master it and avoid a bad latch

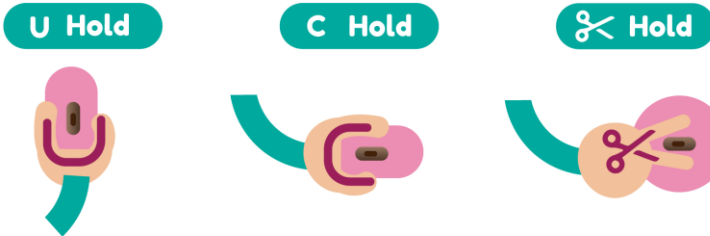
## What does a side lying position look like?

Side lying looks a little like co-sleeping with your newborn and is a great option for a tired mom or after a caesarian. Proper support and alignment is key for safe side lying breastfeeding.



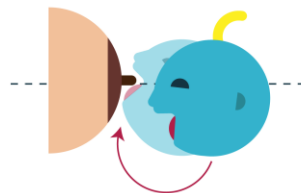
## Side lying may require a breast hold

Use one of your hands to squeeze the breast to make it more reachable for your baby. This may be most beneficial in the early days. Squeeze the breast for a deep latch.



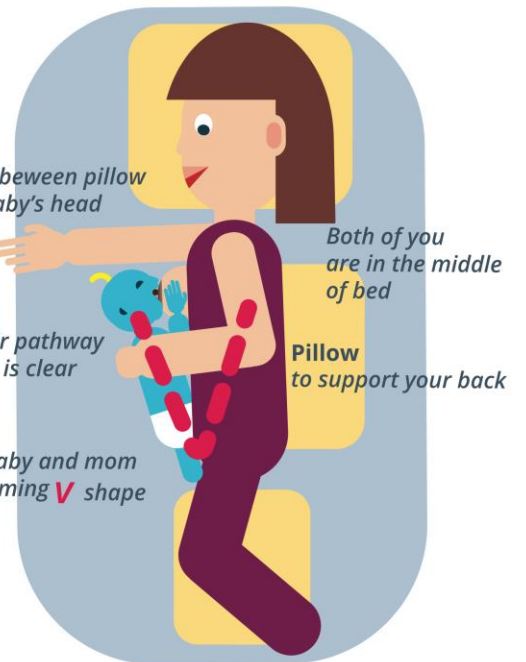
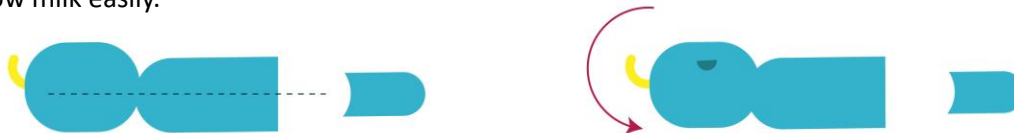
## Your nipple should be at baby's eye level

Nipple at eye level is a great way to guarantee the first successful step of a wide mouth opening. Use your hand to gently push your baby "through the shoulders" gently to your nipple to insert deeply into baby's mouth.



## Make sure your baby's head is easy to move and keep baby's head, neck & hip within the same straight line

Instead of supporting your baby's head with your hand, gently guide through baby's shoulders when baby's mouth opens. Baby's head should be free to move backward. No pillow/blanket or hand is necessary behind the head. This positioning lets your baby swallow milk easily.



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Side lying breastfeeding should be practiced before sleep or during the day on a bed free from excess bedding. Avoid recliners and couches.

Information adapted and graphics from [breastfeedo.com](http://breastfeedo.com)

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