breastfeeding
The information in this leaflet will help you to breastfeed your baby.

Breastfeeding provides the best possible food for your baby.

By breastfeeding, you are giving your baby protection from a variety of infections and other illnesses.
get comf

Sit so that your back is straight and your lap is flat.
You can use a pillow to support your baby.
Turn your baby's body towards your tummy.

Tuck your baby's bottom under your elbow.
holding your baby

Or support your baby by using a pillow.

Hold your baby behind the neck and shoulders.