



Laid-back Breastfeeding

Laid-back Breastfeeding – or Biological Nurturing – means getting comfortable with your baby and encouraging the natural breastfeeding instincts of both you and your baby.

- Dress yourself and your baby as you choose.
- Find a bed or couch where you can **lean back** and **be well supported**. You won't be flat, but comfortably leaning back. When you put your baby on your chest, gravity will keep them in position. Their body will be moulded to yours.
- Have your **head and shoulders well supported**. Let your baby's whole front touch your whole front.
- When you're leaning back, you don't have a lap, so **your baby can rest on you in any position you like**. Just make sure their whole front is against you.
- Let your baby's cheek rest somewhere near your bare breast.
- Help as much as you like so that your baby can do what they're trying to do. **You're a team.**
- Hold your breast if you like.

Relax and enjoy each other.



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Feeding Cues

A baby starts with **subtle nursing cues**:

- eyes moving beneath eye-lids
- eyelids fluttering
- hands coming toward face
- mouth movements



Then they add **more obvious** ones:

- rooting toward your chest
- whimpering
- fussing

If you offer to nurse now, they will probably take your breast gently and easily.

As their hunger builds, their body and mouth tense. They breathe fast or start to cry. Once they are crying, they'll have a harder time latching.

Crying is a late sign of hunger. It is important now to take a moment to gently soothe and calm your baby before trying to feed them.

Things to remember:

- Breastfeeding is easier if you **answer your baby's requests** instead of waiting for their demands.
- **Don't wait for your breasts to feel full.** A full breast has already started to slow down production.
- **Offer even if they are not asking,** anytime you like.
- A newborn will need approx. **10-12 feeds in 24 hours.**

As you and your baby get to know each other, reading your baby's signals will become much easier.



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