

## BREASTFEEDING POSITIONS

GOOD POSITIONING IS THE KEY TO SMOOTH ATTACHMENT

### HOW DOES IT FEEL?

GOOD ATTACHMENT	BAD ATTACHMENT
Feels comfortable with no pain	Feels uncomfortable, toe curling pain, like knives in nipple
Feels like a drawing or pulling sensation inside the breast when baby sucks	Feels like a munching, chomping on nipple when baby sucks

### WHAT CAN I SEE?

GOOD ATTACHMENT	BAD ATTACHMENT
Looks like baby has a wide open mouth full of breast	Looks like baby has not opened his mouth & lips
When baby sucks there is no dimpling of the cheeks & jaw movement is deep & rhythmic	When baby sucks the cheeks are dimpled & jaw movement is shallow & quick
When baby comes off the breast the shape of mother's nipple will remain unchanged but be longer in length	When baby comes off the breast the shape of the mother's nipple will be distorted, ridged, flattened

### WHAT CAN I HEAR?

EFFECTIVE FEEDING	INEFFECTIVE FEEDING
Is when an audible swallow or soft breathe sound is heard	Is when no audible swallowing can be heard
When Colostrum is present a baby will swallow every few sucks	No audible swallowing heard but jaw movement present
When milk is 'in' the baby should be heard to swallow with every suck	Swallowing may be heard but it is intermittent



### CRADLE | Position

- ▶ Hold baby in the same arm as the breast you are going to feed from
- ▶ Your hand will be down baby's back not quite on his bottom, with his head resting on your forearm



### SIDE-LYING | Position

- ▶ Lie on your side with baby facing you
- ▶ Have your arm under you in a comfortable position, usually curled under your head
- ▶ Your top arm guides the baby's shoulders towards you or, if needed, this hand can pinch the skin at the edge of the areola to mould the breast
- ▶ As this position can be difficult to get good vision of your nipple make sure there is good attachment



### TRANSITIONAL | Position

- ▶ Hold your baby with the opposite arm to the breast you are going to feed from
- ▶ Your hand will be on baby's shoulders with fingers cupping the head

## MIDWIFE'S TIPS

- ▶ Align baby's nose with your nipple
- ▶ To aid attachment, use your finger tips to pinch the breast by placing them on the edge and either side of the areola in the same direction that baby's lips will latch on to you
- ▶ Stroke baby's top lip with your nipple which elicits the gape and extrusion reflex
- ▶ Bring baby to the breast by guiding the shoulders forward, **not the head**
- ▶ Baby's chin should touch the breast first, his neck will be straight and the nose will be just touching or away from the breast
- ▶ A good mouthful of breast will mean baby can suck properly, get your milk flowing and be pain free



### UNDERARM | Position

- ▶ Hold your baby with the same arm as the breast you are feeding from but baby's body will be under your arm
- ▶ Your hand will be on baby's shoulders with fingers cupping the head

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### FREEDOM BREAST PUMP

- ▶ Flexible cup to fit your breast
- ▶ Soft massage area stimulates milk flow
- ▶ Quick & easy to use with only 3 parts
- ▶ Comes with steriliser box & milk storage container



### ELECTRIC STERILISER

- ▶ Clear digital progress display
- ▶ Fast 5 minute cycle
- ▶ Lockable hinged lid
- ▶ Unique slimline shape with extra large capacity
- ▶ Starter kit included



### MICROWAVE STERILISER

- ▶ Ideal combination steriliser for home & travel
- ▶ Lockable hinged lid
- ▶ Starter kit included
- ▶ Built in sterile work surface



## EXPRESSING

Breast Milk

You can express milk from your breasts either by hand or using a pump. It's useful for relieving engorged breasts, stimulating extra breast milk production, or to build up a store of milk for when you can't be with your baby.

### BEFORE YOU START

Tips common to all ways of expressing

- ▶ Be in a comfortable position
- ▶ Wash your hands with soap
- ▶ Have a drink handy
- ▶ Have a sterilised container to collect the milk or sterilised equipment ready if using a pump
- ▶ Relax, maybe music or TV will help
- ▶ If away from baby, a photo may help your letdown
- ▶ Begin by massaging your breasts gently from the top and stroke towards the nipple, don't forget the underside, and repeat all over your breast



## STORING & USING | Breast Milk



You can store expressed breast milk safely and easily in the fridge or freezer, ready to feed your baby later. Just remember these simple steps:

- ▶ Your milk must be stored in a sterilised, airtight container
- ▶ Put expressed milk in the fridge as soon as possible. You can continue to add to the container throughout the day, as long as you put it straight back in the fridge every time
- ▶ It's a good idea to mark the date clearly on the container
- ▶ When freezing milk, allow space for expansion
- ▶ Freezing it in individual feeds of around 60 to 125ml makes it easy to defrost and use
- ▶ Never defrost or heat breast milk in a microwave
- ▶ Thaw frozen milk in the fridge or by standing the container in warm water until the milk is at body temperature. Some separation will occur - just shake to remix it. Once frozen milk has started to thaw, refrigerate and use within 12 hours
- ▶ Never re-freeze breast milk
- ▶ Always throw away any leftover milk after a feed
- ▶ Milk can be kept in the fridge for up to 3-5 days, the freezer compartment of a 2 door fridge for up to 3 mths, or in a deep freeze for up to 12mths

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## BREASTFEEDING

Guide

Advice for mums from our midwife



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