

母乳餵養姿勢： 找到最適合您的方式

搖籃或摟抱式

這個姿勢可以很容易地在不引起其他人的注意下進行母乳餵養。您可以在手臂下放置一個母乳餵養枕頭，讓寶寶離您的乳房更近一些。

- 1 在舒適的椅子上坐直。
- 2 讓寶寶側躺，與您腹部貼腹部，並把寶寶的頭放在您手臂的彎曲處。
- 3 將您的手臂和手放在寶寶的背後，以支撐他們的頸部、背部和臀部。
- 4 讓寶寶貼近您的乳房。不要往前傾，這可能會導致背痛。



橄欖球式

如果您做過剖腹產 (C-section)、您的乳房較大或您的寶寶在犯困，這種姿勢便是很好的選擇。您可以在大腿上放置一個母乳餵養枕頭，這會讓您更加舒適。

- 1 手肘彎曲，將寶寶放在您身側的手臂下。
- 2 手掌向上張開，撐住寶寶的頭部，讓他們的面部朝向您的乳房、鼻子對著您的乳頭、雙腳朝向您的背後。
- 3 在母乳餵養期間，持續用手臂從下面支撐寶寶的背部、頸部和肩膀。
- 4 如有必要，可以用另一隻手支撐住您的乳房。



側躺式

如果您做過剖腹產、坐著不舒服或您想在母乳餵養期間休息，這種姿勢也是很好的選擇。請記住不要在母乳餵養後和寶寶同睡，將他們放在嬰兒床或搖籃上睡覺。

- 1 側躺，讓寶寶面對您。
- 2 使用可以活動的手臂支撐他們的頭部，並用手掌支撐他們的頭部。
- 3 讓寶寶靠近您，並引導他們將嘴貼近您的乳房。
- 4 在寶寶含乳後，您可以用下方的手臂支撐您的頭部。



交叉搖籃式

如果您的寶寶難以含乳或體型較小、早產或有功能性需求，這種姿勢很好用。

- 1 在舒適的椅子上坐直。
- 2 使用與您想要母乳餵養的乳房不同邊的手臂抱住寶寶。例如，如果您想要在左側乳房進行母乳餵養，那麼您應該使用右側手臂抱住寶寶。
- 3 寶寶的胸部和腹部應該正對您。
- 4 將手掌放在寶寶的頸部，並將拇指放在他們的耳後以支撐頭部，並且使用其餘手指支撐他們的臉頰。讓寶寶貼近您的乳房。請記住不要將他們的頭部推向您的乳房。



如需關於母乳餵養的更多資訊，請造訪 nyc.gov/health 並搜尋「breastfeeding」（母乳餵養）、與您的健康照護提供者交談或致電 311。

如需聯絡婦女健康辦公室 (Office on Women's Health) 的母乳餵養求助專線，請撥打 800-994-9662。

Breastfeeding Positions: See What Works Best for You

The Cradle or Cuddle Hold

This position makes it easy to nurse without other people noticing. You may want to put a nursing pillow under your arm so your baby is closer to your breast.

- 1 Sit up straight in a comfortable chair.
- 2 Lay your baby on their side, with their stomach touching your stomach and their head in the curve of your arm.
- 3 Put your arm and hand on their back to support their neck, back and bottom.
- 4 Bring your baby to your breast. Do not lean forward, as this may cause back pain.



The Football Hold

This is a good hold to use if you have had a cesarean section (C-section), if your breasts are large or if your baby is sleepy. You may want to put a nursing pillow on your lap for comfort.

- 1 Tuck your baby at your side, under your arm with your elbow bent.
- 2 With your open hand, support their head and bring their face toward your breast with their nose to your nipple and their feet toward your back.
- 3 While breastfeeding, continue to use your arm to support their back, neck and shoulders from underneath.
- 4 Use your other hand to hold your breast if necessary.



The Side-lying Position

This is another good hold if you have had a C-section, if sitting up is uncomfortable or if you wish to rest while you nurse. Remember not to sleep with your baby after feeding — put them in a crib or bassinet to sleep.

- 1 Lie on your side with your baby facing you.
- 2 Support their body with your free arm and their head with your hand.
- 3 Pull your baby close and guide their mouth to your breast.
- 4 Once your baby latches on, you can use your bottom arm to support your own head.



The Cross-cradle Hold

This hold works well if your baby has trouble latching on or if your baby is small, is premature or has functional needs.

- 1 Sit up straight in a comfortable chair.
- 2 Hold your baby with the arm opposite the breast you want to nurse from. For example, if you are nursing from your left breast, use your right hand and arm to hold them.
- 3 Your baby's chest and stomach should be directly facing you.
- 4 Put the palm of your hand on your baby's neck, supporting their head with your thumb behind the ear and other fingers supporting their cheek. Bring your baby to your breast. Remember, do not push their head into your breast.



For more information about breastfeeding, visit nyc.gov/health and search for **breastfeeding**, talk to your health care provider or call **311**. To contact the Office on Women's Health breastfeeding help line, call 800-994-9662.