

Pozisyon pou bay tete

Gade ki pozisyon ki pi bon pou ou

Pozisyon Bèso A Oswa Sere Nan Bra A

Pozisyon sa a pèmèt ou bay tete byen fasil, san lòt moun pa remake sa. Ou ka vle mete yon zòrye pou bay tete anba bra w pou ti bebe w la ka pi prè tete w.

- 1 Chita byen dwat nan yon chèz ki konfòtab.
- 2 Mete ti bebe w la kouche nan pozisyon lateral li (sou kote), vant li kole ak vant ou epi tèt li poze nan koub bra w.
- 3 Mete bra w ak men w nan do yo pou w sipòte kou yo, do yo ak dèyè yo.
- 4 Apwoche ti bebe w la nan tete w. Pa panche devan paske sa ka ba w doulè nan do.



Pozisyon "Kenbe Balon Foutbòl" La

Sa a se yon bon pozisyon pou w itilize si ou te fè yon sezaryèn, si tete ou yo gwo oswa si ti bebe w la ap dòmi. Ou ka mete yon zòrye pou bay tete sou jenou w pou plis konfò.

- 1 Ou ka mete ti bebe w la nan pozisyon lateral, anba bra w ak koud ou pliye.
- 2 Avèk men ou louvri, sipòte tèt li epi apwoche vizaj li nan direksyon tete ou ak nen li nan direksyon pwent tete ou ak pye li nan direksyon do ou.
- 3 Pandan w ap bay tete a, kontinye sèvi ak bra w pou sipòte do bebe a, kou l ak zepòl li yo pa anba.
- 4 Sèvi ak lòt men w pou kenbe tete w si sa nesèsè.



Pozisyon Kouche Sou Kote

Sa a se yon lòt bon pozisyon ou ka pran si ou te fè yon sezaryèn, si w pa alèz lè w chita oswa si ou vle repoze pandan w ap bay tete a. Sonje pa dòmi ak ti bebe w la aprè ou fin ba l tete — mete l nan yon bèso oswa nan yon ti panye-moyiz pou li dòmi.

- 1 Kouche sou kote epi mete ti bebe w la anfas ou.
- 2 Soutni kò l ak bra ou genyen ki lib la epi souti tèt li ak men w.
- 3 Rale ti bebe w la vin jwenn ou epi dirije bouch li nan tete w.
- 4 Depi ti bebe w la pran tete a, ou ka itilize avan-bra ou pou soutni pwòp tèt ou.



Pozisyon Dyagonal

Pozisyon sa a ap byen fonksyone si ti bebe w la gen pwoblèm pou kenbe tete a oswa si ti bebe w la piti, si li prematire oswa si li gen kèk bezwen fonksyonèl.

- 1 Chita byen dwat nan yon chèz ki konfòtab.
- 2 Kenbe ti bebe w la ak bra ki opoze ak tete ou vle bay bebe a. Pa egzanp, si w ap bay tete nan tete goch ou, sèvi ak men dwat ou ak bra dwat ou pou kenbe bebe a.
- 3 Pwatrin ak vant ti bebe w la ta dwe anfas ou dirèkteman.
- 4 Mete pla men w pa dèyè kou ti bebe w la, pandan w ap soutni tèt li ak dwèt pous ou dèyè zòrèy li epi lòt dwèt yo ap sipòte machwè yo. Apwoche ti bebe w la nan tete w. Sonje, pa pouse tèt li vin jwenn tete w.



Pou plis enfòmasyon konsènan bay tete, vizite paj nyc.gov/health epi chèche “**breastfeeding**” (bay tete), konsilte founisè swen sante ou oswa rele nan **311**.

Pou kontakte liy asistans Biwo sou Sante Fanm k ap bay tete yo, rele nan 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.