

母乳喂养姿势： 找到最适合您的方式

摇篮或搂抱式

这个姿势可以很容易地在不引起他人注意的情况下进行母乳喂养。您可以在手臂下放置一个母乳喂养枕头，让宝宝离您的乳房更近一些。

- 1 在舒适的椅子上坐直。
- 2 让宝宝侧躺，与您腹部贴腹部，并把宝宝的头放在您手臂的弯曲处。
- 3 将您的手臂和手放在宝宝的背上，以支撑他们的颈部、背部和臀部。
- 4 让宝宝贴近您的乳房。不要往前倾，这可能会导致背痛。



橄榄球式

如果您做过剖腹产 (C-section)、您的乳房较大或您的宝宝在犯困，这种姿势便是很好的选择。您可以在大腿上放置一个母乳喂养枕头，这会让您更加舒适。

- 1 手肘弯曲，将宝宝放在您身侧的手臂下。
- 2 手掌向上张开，撑住宝宝的头部，让他们的面部朝向您的乳房，并且鼻子对着您的乳头、双脚朝向您的背部。
- 3 在母乳喂养期间，持续用手臂从下面支撑宝宝的背部、颈部和肩膀。
- 4 如有必要，可以用另一只手支撑住您的乳房。



侧躺式

如果您做过剖腹产、坐着不舒服或您想在母乳喂养时休息，这种姿势也是很好的选择。请记住不要在母乳喂养后和宝宝同睡，将他们放在婴儿床或摇篮上睡觉。

- 1 侧躺，让宝宝面对您。
- 2 使用您方便行动的一侧手臂支撑他们的头部，并用手支撑他们的头部。
- 3 让宝宝靠近您，并引导他们将嘴贴近您的乳房。
- 4 在宝宝含乳后，您可以用下方的手臂支撑您的头部。



交叉摇篮式

如果您的宝宝难以含乳或体型较小、早产或有功能性需求，这种姿势很好用。

- 1 在舒适的椅子上坐直。
- 2 使用与您想要母乳喂养的乳房不同边的手臂抱住宝宝。例如，如果您想要在左侧乳房进行母乳喂养，那么您应该使用右侧手臂抱住宝宝。
- 3 宝宝的胸部和腹部应该正对您。
- 4 将手掌放在宝宝的颈部，并将拇指放在他们的耳后以支撑头部，并且使用其余手指支撑他们的面部。让宝宝贴近您的乳房。请记住不要将他们的头推向您的乳房。



如需有关母乳喂养的更多信息，请访问 nyc.gov/health 并搜索“breastfeeding”（母乳喂养）、与您的医疗保健提供者交谈或致电 311。如需联络妇女健康办公室 (Office on Women's Health) 的母乳喂养求助专线，请拨打 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.