

Emizish holatlari:

Qaysi biri sizga eng yaxshi darajada mos kelishini ko'ring

Beshik yoki quchoqlab ushlash

Ushbu holat boshqa odamlarga sezdirmagan holda emizishni osonlashtiradi. Uning ko'kragingizga yaqinroq bo'lishi uchun chaqaloq ostiga emizish yostig'ini qo'yishni xohlashingiz mumkin.

- 1 Qulay kresloda tik holda o'tiring.
- 2 Chaqalog'ingizni qorni qorningizga tekkan holda va boshi buklangan qo'lingiz orasida bo'ladigan holda yon tomoni bilan yotqizing.
- 3 Uning bo'yni, beli va tagidan ushlab turish uchun qo'lingiz va bilagingizni uning orqasiga qo'ying.
- 4 Uni ko'kragingizga yaqinlashtiring. Oldinga egilmang, chunki bu bel og'rig'iga olib kelishi mumkin.



Futbolcha ushlash

Agar ko'kraklaringiz katta yoki chaqaloq uyqusirab turgan bo'lsa, bu Kesarcha usulida kesishdan keyingi yaxshi ushlash usulidir. Siz qulay bo'lishi uchun tizzangiz ustiga emizish yostig'ini qo'yishni xohlashingiz mumkin..

- 1 Chaqalog'ingizni yoningizga, qo'lingiz ostiga tirsagingizni bukkagan holda qo'ying.
- 2 Ochiq qo'lingiz bilan chaqalog'ingizning boshini ushlab turing va uni ko'kragingiz tomonga qarating, burni ko'kragingiz uchiga, oyoqlari esa orqangizga qaraydi.
- 3 Emizish vaqtida uning beli, bo'yni va yelkalarining tagidan ushlab turish uchun qo'lingizdan foydalanishni davom ettiring.
- 4 Zarur hollarda ko'kragingizni boshqa qo'lingiz bilan ushlang.



Yon tomonlama yotish holati

Bu holat sizda Kesarcha kesishi o'tkazilgan, o'tirish sizga noqulay bo'lgan yoki emizish vaqtida davom etmoqchi bo'lgan hollar uchun bir variantdir. Ovqatlanirgandan keyin chaqalog'ingizni yoningizga olib uxlab qolmaslik kerakligini yodda tuting – uni krovatchasiga yoki belanchagiga yotqizing.

- 1 Chaqalog'ingiz sizga qarab turgan holda yon tomoningiz bilan yoting.
- 2 Uning tanasini bo'sh bilagingiz va boshini qo'lingiz bilan ushlab turing.
- 3 Chaqalog'ingizni yaqin torting va uning og'zini ko'kragingizga olib boring.
- 4 Chaqalog'ingiz ko'kragingizga yopishganidan keyin boshingizni ushlab turish uchun pastdagi bilagingizdan foydalanishingiz mumkin.



Ko'ndalang-beshik usulida ushlash

Ushbu ushlash ko'krakka yopishishda muammolarga duch keluvchi chaqaloqlar, kichik chaqaloqlar, erta tug'ilgan chaqaloqlar va funksional ehtiyojlari bo'lgan chaqaloqlar uchun mos keladi.

- 1 Qulay kresloda tik holda o'tiring.
- 2 Chaqalog'ingizni emizmoqchi bo'lgan ko'krakiga qarama-qarshi qo'lingiz bilan ushlang. Masalan, agar siz chap ko'kragingizdan emizayotgan bo'lsangiz, uni ushlash uchun o'ng qo'lingiz va bilagingizdan foydalaning.
- 3 Chaqalog'ingizning ko'kragi va qorni to'g'ri sizga qarab turishi kerak.
- 4 Qo'lingizning kaftini chaqaloqning bo'yniga qo'ying, bosh barmog'ingiz bilan qulog'ining orqasidan, boshqa barmoqlaringiz esa yonog'idan ushlang. Chaqalog'ingizni ko'kragingizga keltiring. Uning boshini ko'kragingizga bosmaslikni yodda tuting.



Emizish bo'yicha batafsil ma'lumotlar olish uchun nyc.gov/health saytiga kiring va “**breastfeeding**” (emizish), deb qidiring, shifokoringiz bilan maslahatlashing yoki **311** raqamiga qo'ng'iroq qiling.
Ayollar salomatligi emizish bo'yicha ishonch telefoniga murojaat qilish uchun 800-994-9662 raqamiga qo'ng'iroq qiling.

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.