

Breastfeeding Positions Cheat Sheet



Football Hold

Great for those early newborn days—especially if you’re recovering or need more control. This helped my babies latch better when they were still so tiny.

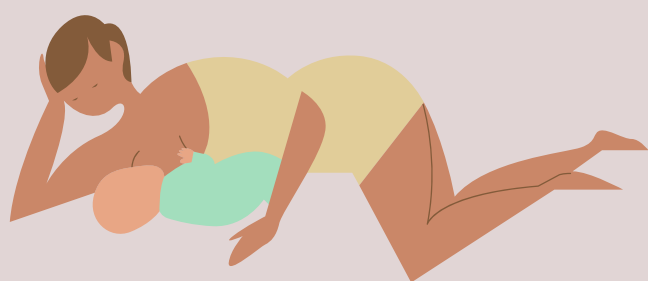
Cross-Cradle Hold

More structured than a regular cradle hold—gives you more control to guide baby’s latch. I used this a lot once we got the hang of things.



Side-Lying

Lifesaver for middle-of-the-night feeds. Just lay on your side with baby facing you. Keep covers away and curl your body into a safe “C” shape.



Laid-Back

Lean back slightly and let baby’s instincts lead. I used this more around 9+ months, but it’s great anytime you’re both calm and skin-to-skin.



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