

# Insert from the Baby Friendly Initiative: Infant feeding and Relationships

## Breastfeeding tips

Your midwife and health visitor will be able to help you with breastfeeding so do make sure you ask. Here are some extra things that can help you and baby get breastfeeding off to a good start:

- Hold baby close to you with his nose, tummy and toes in a line facing your breast.
- Make sure baby's head is free so he can tilt his head back as he comes onto your breast
- Gently rub your nipple in the space between baby's top lip and nose to encourage him to open his mouth wide.
- Watch and wait until baby opens his mouth, pokes his tongue out slightly and tilts his head back, then gently bring him towards your breast, allowing your nipple to slip under baby's top lip towards the roof of his mouth.
- You might feel a drawing sensation (may or may not be painful) but this should stop within a minute or so. If pain continues you can break baby's suction by gently placing your finger inside the side of his mouth, to start again.

