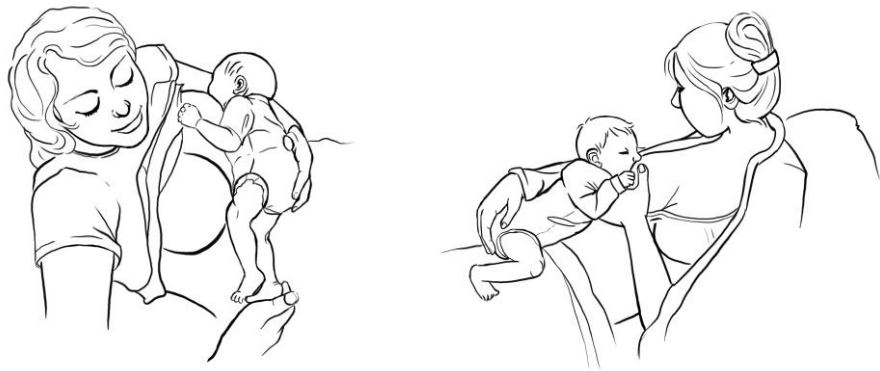


LAID-BACK BREASTFEEDING

Also called Biological Nurturing™

- A unique way of feeding that is based on the natural breastfeeding instincts in mother and baby.
- It is achieved through comfortable positioning of mother in a laid-back position.
- Baby is positioned on top of mother and is supported mainly by gravity.



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- Mom and baby can be skin-to-skin, or lightly dressed, whatever is most comfortable.
- Mom leans back (not flat on her back) on couch, large chair or bed, using pillows to support her upper body. This creates a more open surface on mom for close contact with baby.
- Baby is placed on top of mom – front to front. Baby's head is somewhere near the mom's bare breast, body is vertical or leaning to one side or the other.
- Baby's legs can brush against mom's lower abdomen or upper thighs, or mom can support the bottom of baby's feet with her palms.
- Baby cuddles and curls around mom's body curves. Both mom and baby relax so natural hormones and reflexes enhance breastfeeding.
- Mom can use her hands and arms to help baby as much as she wants. Given time, most babies self-attach.
- **Moms need to be careful not to fall asleep in this position as this can be unsafe for baby.**

For more information: <http://www.biologicalnurturing.com>

www.healthunit.com

References:

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- 2) Mohrbacher, N. (2010). *Breastfeeding Answers Made Simple: A Guide for Helping Mothers*. Amarillo, TX: Hale Publishing, L.P.
- 3) Walker, M. (2017). *Breastfeeding Management for the Clinician: Using the Evidence*, 4th ed. Weston, MA: Jones & Bartlett Publishing, pp. 316-317.
- 4) Watson Genna, C. (2017). *Supporting Sucking Skills in Breastfeeding Infants*, 3rd ed. Woodhaven, NY: Jones & Barlett Learning, pp.117-123; 131-132.

Originally developed by Middlesex-London Health Unit, 2012 and adapted by the Middlesex London Breastfeeding Coalition, September 2013. Currently revised by the Middlesex London Elgin Breastfeeding Coalition. With representation from: London Health Sciences Centre, Strathroy Middlesex General Hospital, Middlesex London Health Unit, Elgin St Thomas Public Health and St Thomas Elgin General Hospital. May 2018.
Baby-Friendly Initiative