

## Proper Breastfeeding Position

### 母乳哺餵的姿勢

- ★ Mother is in a comfortable chair with support for her arms and her back - note that she's not hunched over.
- ★ Mother is supporting her breast with her thumb well above the areola, and her palm and fingers under the breast well away from the areola.
- ★ Mother's arm is supporting her baby's back, with her hand on the baby's buttocks or thigh.



- ★ Baby is across the mother's stomach with the face and knees close-in facing the mother's body - they're tummy to tummy.
- ★ Baby's head is in the bend of the mother's elbow, with the mouth directly in front of the mother's nipple.

- ★ Baby's head is tilted slightly higher than the feet.
- ★ Baby's lower arm can be tucked around the mother's waist, out of the way .





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Breastfeeding  
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**母乳哺餵的姿勢**  
(英文版)

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