



# Getting body-feeding off to a great start!



## IMMEDIATE SKIN TO SKIN CONTACT

Having immediate skin-to-skin contact with your newborn for up to an hour after birth, can increase your chances of breastfeeding exclusively. It also helps to regulate your baby's body temperature, heart rate and breathing. It can also stimulate digestion and helps your newborn be more interested in feeding from the breast.



## LOOK FOR YOUR BABIES FEEDING CUES

Your baby will have various non-verbal feeding cues. The following cues will help you know when your baby is hungry.

- rooting (baby will turn towards anything that strokes their cheeks)
- Lip smacking, tongue activity, sucking on hands, fingers, (sticking tongue in/out)
- Squirmy/fidgety
- Crying will be their last way of communication



## LATCHING

Having a good latch from the start can help to avoid many discomforts in the feeding parent, including nipple pain. This can also help baby maximize milk intake. When latching baby, ensure their nose is facing the nipple, this will help baby open up getting a wider latch. Watch for a nice wide open mouth (like a yawn). When latched correctly lips should be flanged out like a fish. Baby should have as much of the areola in their mouth as possible.



## FEEDING POSITIONS

There are many body-feeding positions to choose from. It's important to choose what you feel is most comfortable for you. A few you can try are:

- Cradle
- Cross cradle
- Football
- Side-lying

References  
<https://lila.org/breastfeeding-info/skin-skin-care/#:~:text=Immediate%20SSC%20for%20a%20minimum,and%20breastfed%20for%20longer%20durations.>

Widström, A. M., Brimdyr, K., Svensson, K., Cadwell, K., & Nissen, E. (2019). Skin-to-skin contact the first hour after birth, underlying implications and clinical practice. *Acta paediatrica* (Oslo, Norway : 1992), 108(7), 1192-1204. <https://doi.org/10.1111/apa.14754>

<https://www.who.int/westernpacific/news-room/feature-stories/item/skin-to-skin-contact-helps-newborns-breastfeed>  
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