



## Laid-Back Positioning or Biological Nursing Position

### WHY USE THIS POSITION?

Laid-back positioning can be helpful for many feeding challenges, especially for babies in the early weeks and months of life. It uses your baby's natural abilities and your own comfort to help feeds be more effective, and it adds a third partner to help you: gravity.

Babies are born with many reflexes that support finding the nipple, suckling, and swallowing, many of which are used in this position. In addition, your baby will be held comfortably on their tummy with secure face contact on your chest. This stabilizes their body and face, which helps them feel safe and allows their energy to focus on eating. Lastly, this should leave you with at least one hand free and should be more comfortable than being hunched over your baby at every feed. **Remember:** supporting your body to be more comfortable will support your baby's body, too. You are a **team** for feeding.

### HOW DO I DO IT?

- This position can be done skin-to-skin or dressed.
- Get yourself comfortable first!
- Place your baby tummy to tummy and so their nose is near the nipple or slightly lower. Many parents find it comfortable to use their hand from the same side as your feeding on to grasp their bum. (example left side feed & left arm). This arm acts as a guardrail as they bob around.
- You may hear our team describe this as "baby laying across your body like a seat belt", but there are no strict rules for your baby in a laid-back position. Your baby can be held across your body, diagonally, or in a more vertical position. If you'd like, you are welcome to help your baby with positioning and/or hold chest tissue while they latch (with the opposite hand).
- Allow your baby to wiggle their body as you check - do they look like they are being held in place by gravity? If not, adjust your position and adjust their body so that they are being held to your body using gravity first. You can make little adjustments like shrugging your shoulder(s), but try to avoid holding the back of their head or lift their head.
- This can be done in bed, on the couch, in a chair with a footrest, even in a parked vehicle! Be mindful if you are sleepy, as you will want to be on a safe sleeping surface.
- Be patient with yourself - like all skills, this takes practice. You can use pillows, towels, or blankets to keep yourself comfortable and supported. As your baby gets older, and they have gotten used to using their natural feeding skills, both of you will adapt to other positions more easily.

Laid-back Breastfeeding



LAID-BACK BREASTFEEDING, or Biological Nurturing, means getting comfortable with your baby and encouraging your own and your baby's natural breastfeeding instincts. See [biologicalnurturing.com](http://biologicalnurturing.com) for further information.

**Image from La Leche League - The Womanly Art of Breastfeeding**



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## Laid-Back Positioning or Biological Nursing Position

### VIDEOS

Many of these videos are only a few minutes long and we have included brief descriptions so that you can choose the video you think is going to help you best. But feel free to grab a snack and watch them all!

#### **“How do I get my Baby to Open Wide?” by Nancy Mohrbacher**

Points of contact that help babies to latch and feed

<https://www.youtube.com/watch?v=d8SI4XKkOI8&list=PL4TxGMIG1fM4scmJqpnXuZdXiagFrFVn&index=7>

#### **“Can a Change in Position Help With Nipple Pain” by Nancy Mohrbacher**

Shows adjustments with a baby in “good position” but who is still struggling to latch on.

<https://www.youtube.com/watch?v=-hhCz65lhP4&t=63s>

#### **“Attaching your Baby at the Breast” by Global Health Media**

Foundations of latch, different shapes of nipples, hand positions, laid-back and other positions

<https://globalhealthmedia.org/videos/attaching-your-baby-at-the-breast/>

#### **“Introduction to Laid Back Breastfeeding” by Oasis Lactation Services**

Explaining baby’s feeding behaviors that happen before latching

<https://www.youtube.com/watch?v=PKoEnqrSkvs&list=PL4TxGMIG1fM4scmJqpnXuZdXiagFrFVn&index=6&t=79s>

#### **“What Feeding Positions Work if I’m Large Breasted?” by Nancy Mohrbacher**

<https://www.youtube.com/watch?v=584nv1oNxvw&list=PL4TxGMIG1fM4scmJqpnXuZdXiagFrFVn&index=8>