

Breastfeeding Tips

For Women With Larger Breasts



Know the comfortable breastfeeding positions, such as a cradle or football hold.



Use a feeding pillow to lift the baby up for latching.



Put a rolled-up cloth diaper under the breast for support and lifting.



Breastfeed in front of the mirror for a proper view of the baby's position.



Hand-express the breast milk if your breasts are fuller and engorged.



Always keep the baby and breasts at the same level, with the baby's chin well attached to the breast.