



Below your
breasts



Across
your breasts



Supported at
your side



Over your
shoulder



Fig. 1 Cradle Position

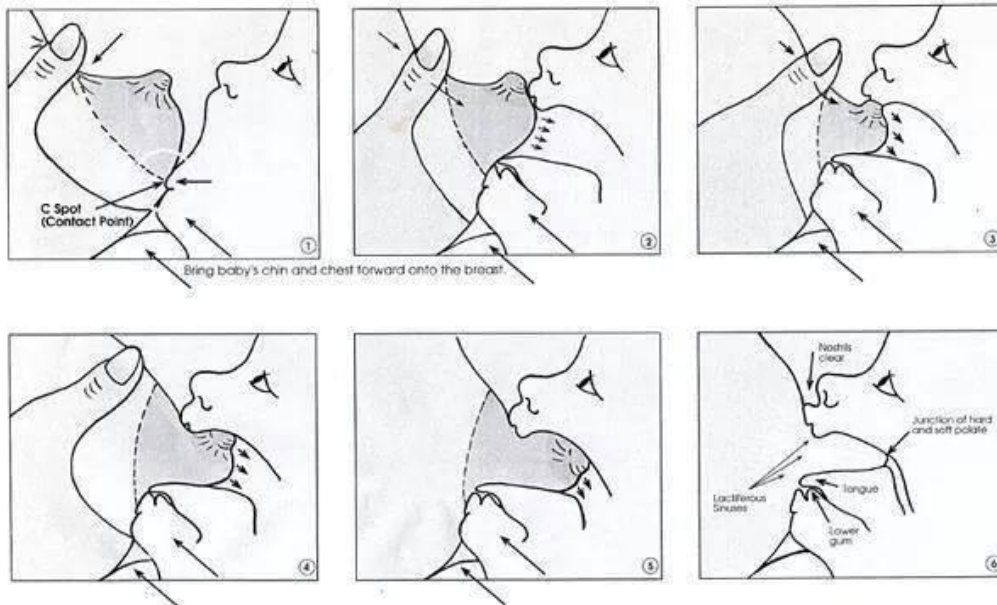


Fig. 3 Cross-Cradle or
"Transition" Hold



Fig. 4 Clutch or Side Position

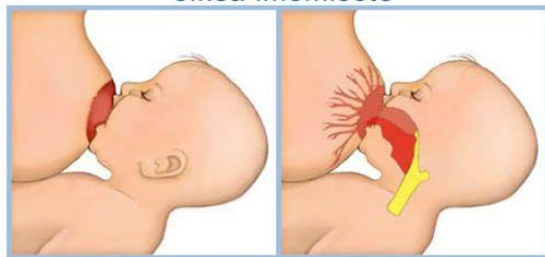
ATTACHMENT - The Key to Successful Breastfeeding.



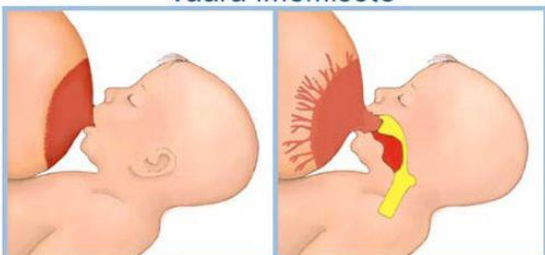
© Anabella Lewis MEd DCU, June 1994

Oikeanlainen imuote

oikea imemisote



väärä imemisote



- Ehkäisee haavaumia rinnassa
- Lisää maidoneritystä
- Tyhjentää rinnan kunnolla
- Ehkäisee tiehyttukoksen