

BREASTFEEDING POSITION

STRADDLE

- In this position, the mother or the parent leans backwards and the baby's legs are on either side of one of their legs
- The mother's or the parent's hand is supporting the baby's back



Photo : Audrey Des Roberts, photographe

- This position is good for breastfeeding the growing baby when they become too heavy to support
- With the baby in an upright position, gravity helps reduce regurgitation and gastroesophageal reflux

