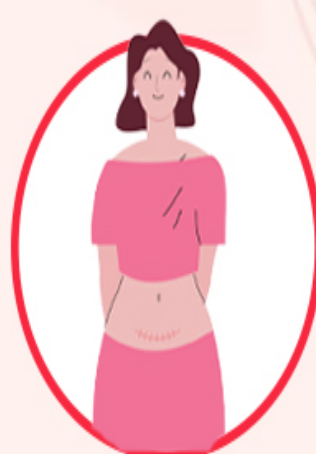




# "Tips For A Comfortable Laid-Back Breastfeeding"



Lean back from the sitting position with back support and adjust until comfortable.



Avoid placing the baby on the cesarean incision site.



Adjust the baby to a position where there is no pressure on their neck and back.



Ensure the baby can move their head from side to side when ready to latch.



Position the baby so that your nipple touches the space between the baby's upper lip and nose.



Support the baby with one hand and the breast with the other once the baby latches.