



## Parent Tips & Hints

### Breast Feeding

Unfortunately a lot of mums feel like they have to start all over again, building up their confidence and finding positions for breastfeeding that work for them during DDH treatment. Many report giving up, especially if still in the adjustment phase, when DDH treatment is added to the mix.

We hope that you find some of the following suggestions, from other DDH parents helpful.

#### Breast Feeding Position

- *Lay on the bed next to your child and have them turn their head to feed. A pillow positioned behind their back to hold them on their side will help them not have to turn their head too far.*
- *Lay your child on their back, on a pillow on your lap, and have them turn their head to feed. Using a footstool will help raise them higher or a couple of pillows instead of one might also do the trick.*
- *The C shaped nursing pillow fits nicely under their head and between their legs when feeding in sitting. (See Photo)*
- *Place your child on one knee facing you and feed from the opposite side whilst sitting up. Put a cushion behind you, sit upright and slightly forward to make this position easier. (See Photo)*
- *Holding your child on their side, one leg in the air, with your arm between their legs supporting their body allows you to feed whilst standing.*

Share your ideas with us [healthyhipsaustralia@gmail.com](mailto:healthyhipsaustralia@gmail.com)

#### Disclaimer

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