



Biological Nurturing ~ Laid-back breastfeeding™

A mother-centred approach promoting new ways to hold and cuddle babies to increase the enjoyment of breastfeeding

What is Biological Nurturing?

Biological nurturing (BN) is a way to get started with breastfeeding. First you lean back in bed, on a sofa, on a chair or anywhere that feels comfortable, then you place your baby on top of your body. Because the breast is round, like the hands of a clock, there are a potential 360 baby positions. Realistically most mothers lie their babies up and down with their feet between their legs or to one side. Some mothers prefer to lie the baby across their body or shoulders (pictures (c) and (d)). These positions often work well after caesarean section



Doing BN

- * Mother sits or lies back
- * Mother's body supports the baby
- * Pillows support mother's body (neck, back, arms and legs)
- * Mother and baby are often lightly dressed sometimes in skin-to-skin
- * Baby lies on top of mother
- * Baby's body can be at any angle on top or across the mother's body
- * Baby's legs and feet touch and push against the mother's abdomen/legs or part of the environment, like a blanket
- * Mothers often make a protective nest with their arms encircling the baby
- * Mothers do not need to apply pressure along the baby's back or neck to keep the baby in place
- * Gravity helps to keep the baby in place
- * Mother has one or both hands free

BN can be done when your baby is asleep or awake.

Start as soon as you want, many mothers BN straight from birth. Don't let anyone tell you that the baby is not interested in breastfeeding. In the beginning it is all about releasing reflexes helping babies to latch. Reflexes are simple movements that are often called feeding cues.

These feeding cues are present even when the baby is asleep.





Assumptions (A set of beliefs)

- * Mothers and babies are versatile feeders. There is not one way to breastfeed
- * A baby does not need to be awake to latch on and feed
- * Babies often self attach; mothers can help them do this
- * Babies often have reflex movements, called 'cues' indicating they are ready to feed whilst asleep.
- * Looking for baby reflex feeding cues helps mothers to get to know their babies sooner. This increases their confidence
- * Crying and hunger cues are late feeding indicators often making latching difficult. Getting started with breastfeeding is about releasing baby feeding reflexes as stimulants, helping babies find the breast, latch on and feed ... not about interest
- * The breastfeeding position the baby uses often mimics the position the baby was in the womb
- * There is no right or wrong breastfeeding position. The right position is the one that works
- * Babies do not always feed for hunger; "non-nutritive sucking" is hugely beneficial to increase your milk and satisfy your baby's need



Finger massage (sometimes called knitting movements) prepares the breast for latch

Common Feeding Cues

- ◆ Hand to mouth
- ◆ Mouth gape
- ◆ Baby smacking or licking lips
- ◆ Sucking movements
- ◆ Rooting or head bobbing
- ◆ Hand massage or finger knitting
- ◆ Arm and leg cycling movements

These movements commonly precede crying and are observed when baby is asleep, drowsy and awake.

Hand to Mouth, Rooting and Mouthing



Arm movements and sucking whilst asleep



In the first days, as soon as you see these 'cues', help your baby to latch. Don't wait for your baby to cry. Crying often makes breastfeeding harder.