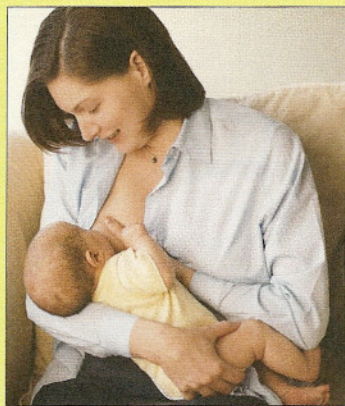


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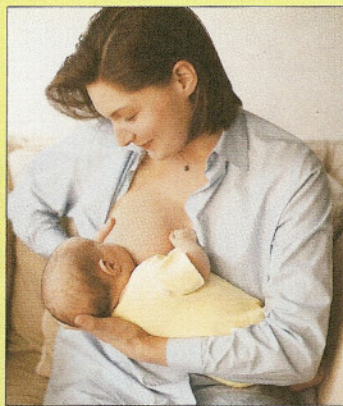
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How to Breastfeed Your Baby

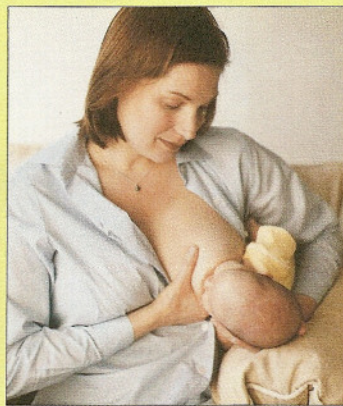
Holding Your Baby



CRADLE HOLD Support your baby's head in the crook of your arm, and hold him with his tummy against yours. Support your breast with your free hand. Because breast exposure is minimal, this works well when nursing away from home.



CROSS-CRADLE HOLD Position your baby as you did for the cradle hold, but this time use the opposite arm so you're supporting his head with your hand and his body with your forearm. This hold gives you a bit more control over his head.

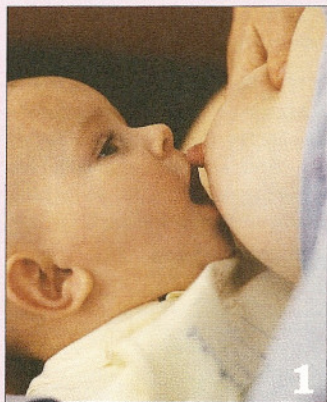


FOOTBALL HOLD With your baby alongside you, support his back with your forearm and rest his head and neck in your hand. This is a good position if you're recovering from a cesarean, as it puts minimal pressure on the incision.



SIDE-LYING HOLD To nurse while you're in bed, lie on your side with your baby facing toward you. Support his head in the crook of your arm to keep his mouth level with your nipple. Place a pillow behind you for added support. This hold is also a good choice if the birth was a c-section.

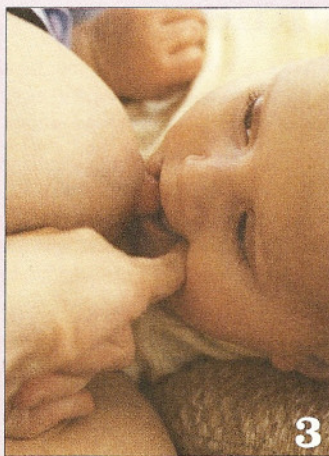
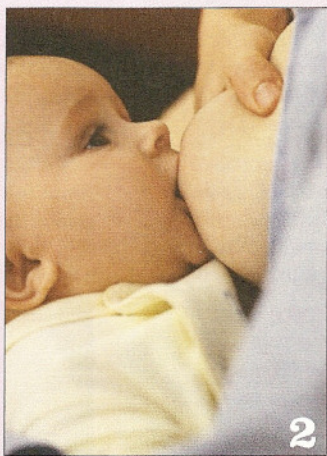
Latching On



1 Support your breast with one hand, placing your thumb on top and your fingers underneath. With your nipple or your finger, gently stroke from her nose to her upper lip, which will cause her to open her mouth.

2 As your baby opens her mouth, move her closer and closer to your breast until she finally "latches on." When she's properly positioned, her lips should cover the nipple and much of the areola, the dark area encircling it.

3 When your baby finishes nursing on one breast, break the suction by gently inserting your finger in the corner of her mouth and pulling toward her ear (which won't hurt her).

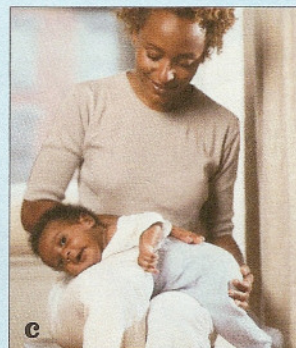
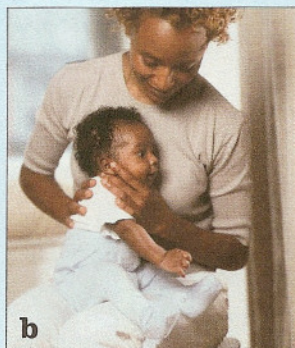


Burping Baby

OVER THE SHOULDER Hold your baby under his bottom, his head on your shoulder. With your free hand, rub or pat his mid- to lower back (a).

SITTING UPRIGHT ON LAP Sit your baby sideways on your lap. Support his chin with one hand and rub or pat his back with the other (b).

TUMMY DOWN Baby lies face-down across your lap, head facing to the side. Elevate his head slightly by raising your leg (cross your legs or put one foot on a stool). Steady him by placing one hand on his bottom while rubbing his back with the other (c).



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How to Massage Your Baby

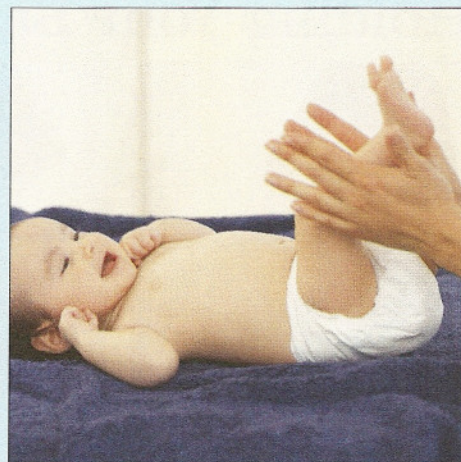
Start at the Bottom



LEG LOOSENER While holding your baby's heel in one hand, use the other hand to stroke from his buttocks up to his foot. Don't squeeze; just relax your hand and mold it to your baby's leg as you go. Repeat the motion in reverse, stroking from his foot back down to his buttocks.

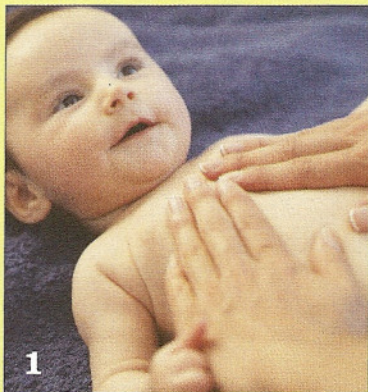


THIS LITTLE PIGGY Hold his foot with one hand while you rotate each toe gently with the other hand. (You can chant the nursery rhyme in a soft, singsong voice.) Then, with your thumb pressed against the sole of your baby's foot, flex his foot up and down. Repeat with the other foot.



ROLLING ON Roll your baby's legs from the knee to the ankle with the same smooth motion you would use to roll strings out of soft clay.

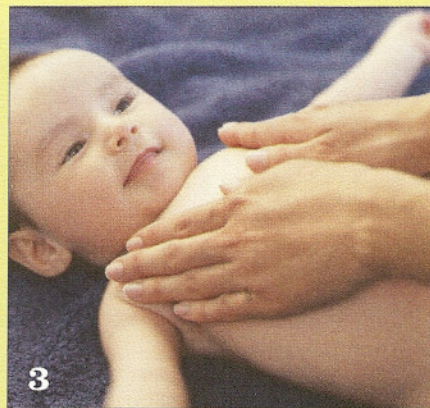
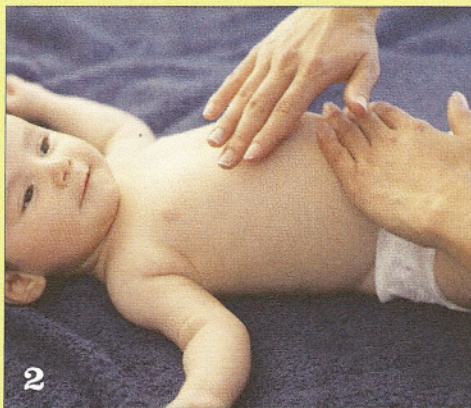
Move to the Middle



HEART STROKE With your hands resting flat on your baby's rib cage and pointing slightly inward, trace the shape of a heart—up, out, and around his chest (1).

BELLY LAUGHS Place one hand over your baby's belly button and stroke downward. Follow immediately with the other hand. Repeat to create a rhythmic, wheel-like motion (2). As a variation, use one hand to raise your baby's legs while gently stroking his belly with the other.

CHEST, SHOULDERS, AND ARMS Start with your hands next to each other on top of your baby's rib cage (3). Then move them in a single continuous stroke up his chest, over his shoulders, and all the way down his arms.



Top It Off

COVER UP With your fingers against your baby's forehead, slide your hands down his face, gently massaging his temples (a). With your thumbs alongside his nose, move your hands across his cheeks so he peeks between them.

GET CHEEKY Making small circles with your fingers, massage both sides of your baby's jaw close to his earlobes (b). Make larger circles around the back of his ears; come up under his chin. Press forward beneath his jaw so he has a double chin, then smile and whisper his name.

