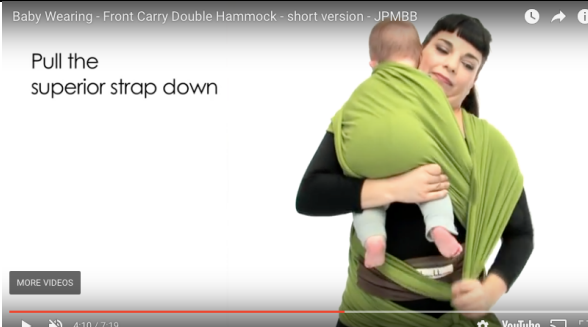


Stretchy Wraps - Breastfeeding

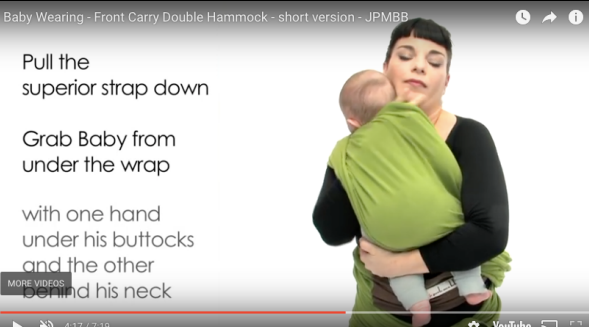
Breastfeeding is possible in a stretchy wrap. This will work better for you and your baby if you have breastfeeding established, and you and your baby are already used to the wrap.

This is one way to do it:

- Pre-tie the stretchy wrap as normal (PWCC or Pocket Wrap Cross Carry; this should be in your sling's instruction booklet or video)
- Put your baby in the 'double hammock' position in the wrap (i.e. legs are not either side of cross) – **see 'Stretchy Wraps – Double Hammock' information sheet**



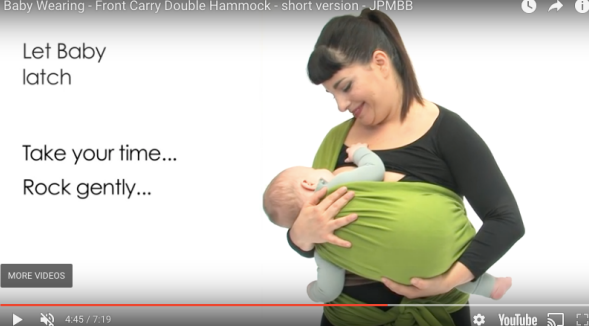
Pull the superior strap down



Grab Baby from under the wrap
with one hand under his buttocks
and the other behind his neck



Let Baby latch



Take your time...
Rock gently...

This sequence shows nursing on the side of the 1st (inner) strap, with bottom supported by the inner strap. The other strap is off the shoulder. (See Link A)

- **When it's time to feed your baby:**
 - Remove the 3rd, top layer of the wrap (the horizontal one) so it's under your baby's feet
 - Remove the 2nd layer of the wrap, pull it down past your baby's feet
 - Supporting your baby's head with one hand (boob side) and bottom with the other, move your baby round towards the breast
 - Ensure the wrap is creating a pouch around your baby and it is still supporting your baby's bottom and back, from the knee pit to the nape of the neck
 - Latch your baby onto the breast

- Support your baby's head with your hand, or inside of your elbow
- Ensure your baby has a good alignment – your baby's head is aligned with his spine, and his arms embrace you as they would without the wrap.
- For additional support, pull the 2nd layer over your baby's bottom
- Continue to use your hand or arm to support your baby's head

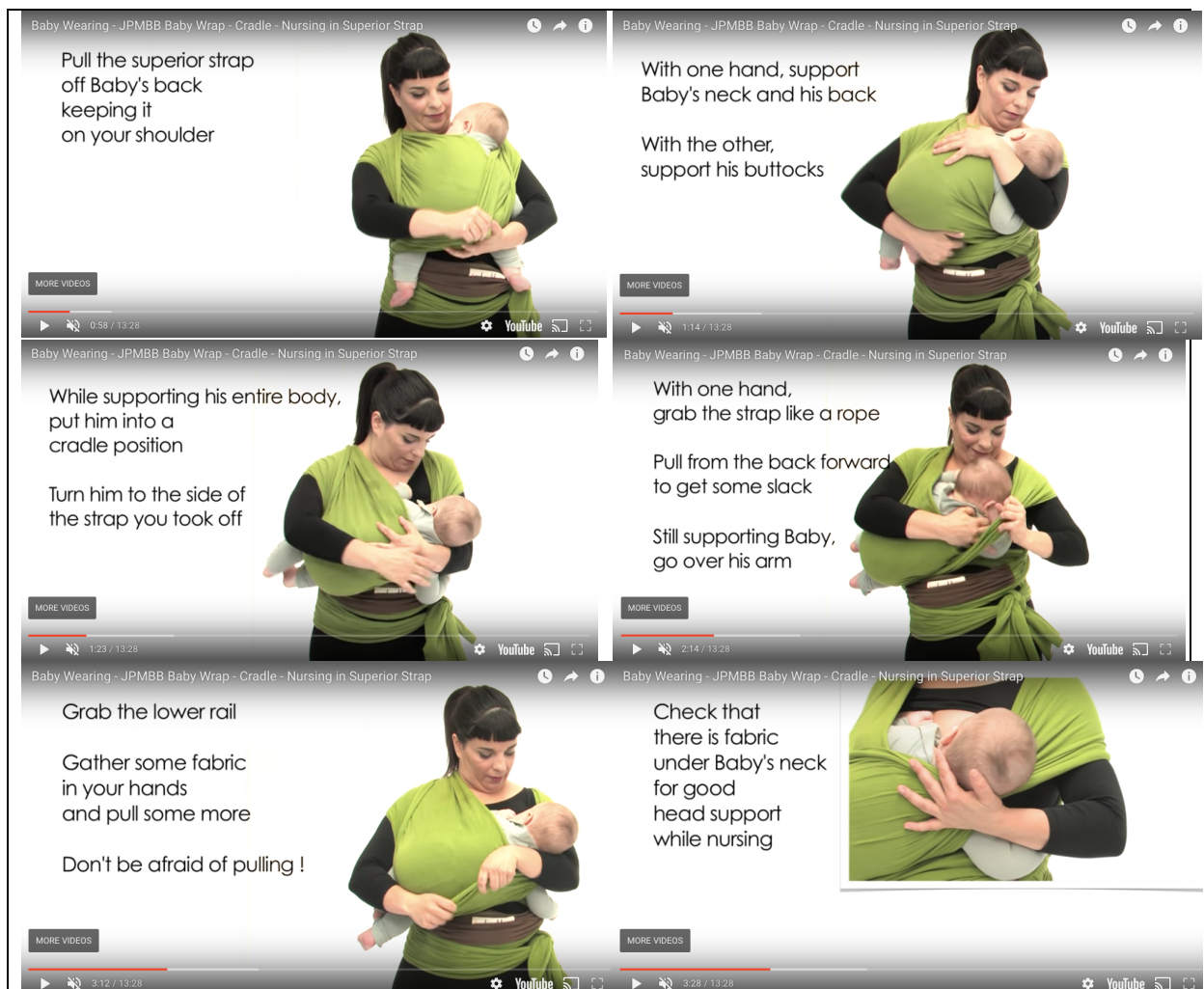


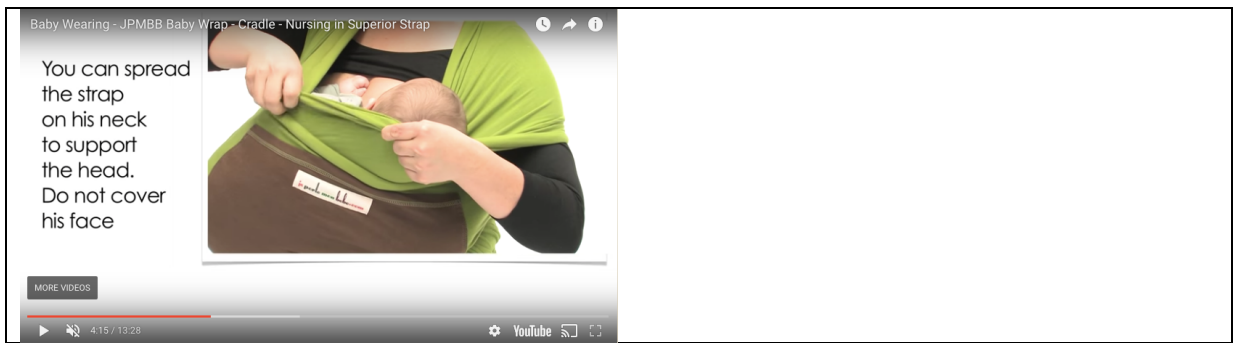
- **When your baby is ready to swap sides:**
 - Remove all but the 1st layer of the wrap, if you have added the other layers for support
 - Supporting your baby's head with one hand (first boob side) and bottom with the other, move your baby round towards the central, upright position
 - Swap hands over, to supporting your baby's head with the other hand (new boob side) and bottom with the other, move your baby round towards the other breast
 - As before, once your baby is in a good position and latched on, you can add the layers back for support and privacy
 - Continue to use your hand to support your baby's head
- **When your baby has finished feeding (even if asleep):**
 - **Always return your baby to the upright position after feeding**
 - Remove all but the 1st layer of the wrap
 - Supporting your baby's head with one hand (boob side) and bottom with the other, move your baby round towards the centre in an upright position
 - Adjust your baby's position so he has a good knee to knee seated position (see '**Slings – Positioning**' sheet)

- Add the 2nd layer of the wrap, up over his feet, still maintaining the position
- Sandwich the shoulders to secure the carry
- Pull up the 3rd layer of the wrap.
- Make any adjustments for fit (tighten the wrap, or add shoulder flips)
- Check for safety (see '**Sling Safety Reminders**' sheet)
- Make adjustments for comfort (spread across your back, shoulder flips, sandwich the shoulders), and baby's positioning (pelvic tuck).

Variations:

This sequence shows nursing on the side of the 2nd (outer or superior) strap, which remains on the shoulder. The baby's bottom is supported by the inner strap (See Link B):

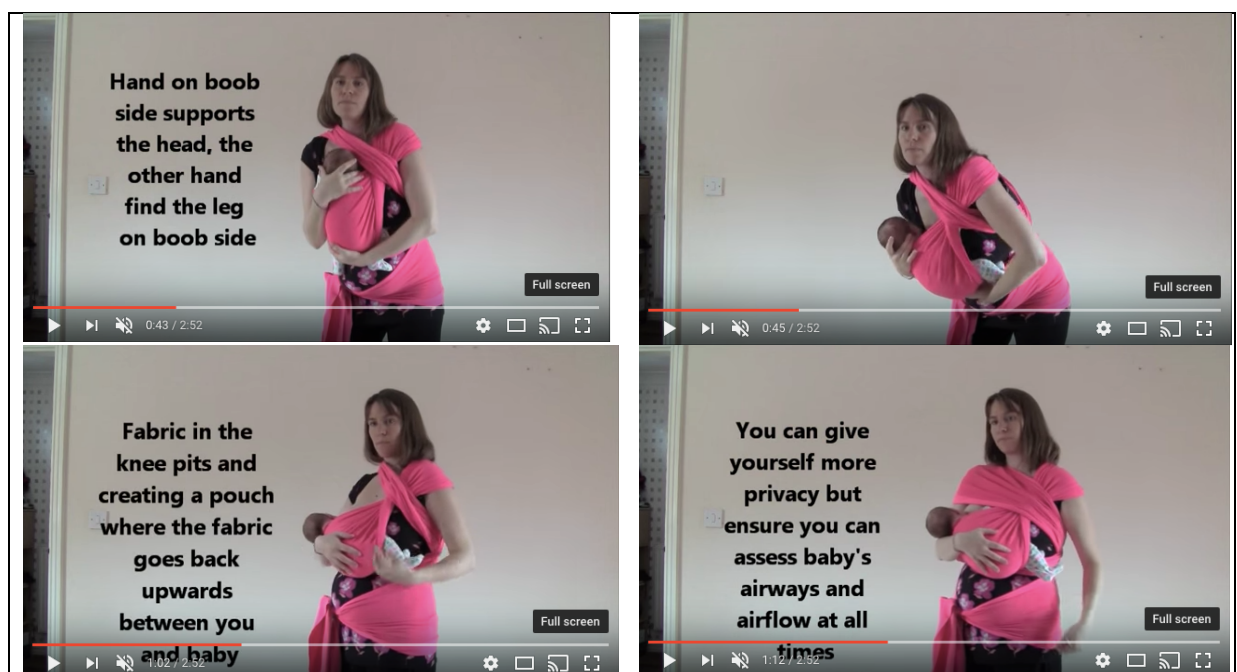




This variation (still on side of 2nd strap) shows the strap moved over the baby's head while he is in the cradle position (See Link B):



This is another option for having baby's head out of the wrap with the strap above. Nursing is on the side of the 2nd strap which is above, the baby's bottom is supported by the inner strap (See Link C):



Here is an option if your baby is not already in the wrap (bottom supported by outer strap) (See Link B)



And another option if your baby is not already in the wrap. This is showing nursing on the side of the 2nd (outer) strap, with baby's bottom supported by the inner strap. (See Link D)



Photo credits: Je Porte Mon Bébé, Slingababy and Close Enough To Kiss (from You Tube).

Links:

- A: 7m:19s Je Porte Mon Bebe: <https://www.youtube.com/watch?v=5wjFaTSe47M>
 B: 13m:28s Je Porte Mon Bebe: <https://www.youtube.com/watch?v=Xe9uu4oKMYA>
 C: 2m:52s Slingababy: <https://www.youtube.com/watch?v=vUAo3XYbzlc>
 D: 2m:48s Close Enough To Kiss: <https://www.youtube.com/watch?v=e6AaTU2bkco>