

Breastfeeding is more than just latch and supply - it's a coordinated process involving your baby's body, nervous system, and environment. When these three foundations are supported, feeding often feels more comfortable, efficient, and connected.

LATCH & POSITIONING

A deep, comfortable latch is essential for effective feeding and reducing discomfort. Proper positioning allows your baby to use their jaw, tongue, and neck efficiently while feeding.



BABY'S MOBILITY & COMFORT

Tension through the neck, jaw, rib cage, or diaphragm can impact how well your baby feeds. Gentle movement, tummy time, and appropriate support can help your baby feel more relaxed and coordinated.

NERVOUS SYSTEM REGULATION

Breastfeeding is a nervous-system-driven process. Calm breathing, relaxed posture, and a safe feeding environment support better coordination, digestion, and bonding.

ADDITIONAL TIPS FOR A SMOOTHER FEEDING EXPERIENCE

- Take slow breaths before feeding to help both you and your baby settle.
- Support your baby's head and neck without forcing position.
- If feeding feels difficult or painful, support early can make a big difference.

