



Information for breastfeeding families

Breastfeeding with Large Breasts

Find a position that supports both your breast and your baby so your hands are free to hold the end of your breast into the baby's mouth.



Try lying on your side. Notice the towel rolled behind the baby, going from the shoulder down.



Use a padded table to support both the baby and the breast.



When commercial nursing pillows do not fit, try bed pillows to support your arm.



Sitting cross-legged with lots of pillows under the baby is another possible position.

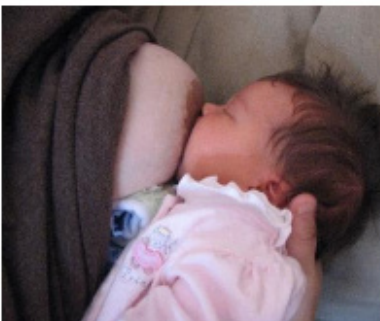


Lying back at an angle works for some parents. Find your most comfortable position.



Don't let the weight of your breast rest on your baby's chest (as in this photo). Lift your breast up with your hand.

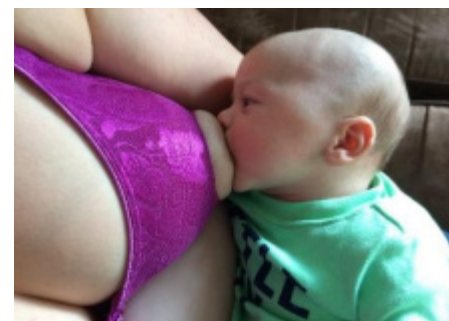
Possible ways to support the breast



Try a small rolled towel to support your breast.



A sling can hold the weight of your breast for the baby.



A bra with a cut out area can support the weight of the breast.



A bra with a cut-out area can hold a funnel while pumping.



To make an airway, press the breast down and toward the baby's nose. (Do not pull the breast away from the baby.)



Look for a space between the baby's nose and breast and between the baby's chin and chest.



Some women may lack nipple sensitivity, so they do not feel when the baby is incorrectly latched, creating a hickey.



Band-aids® can be used as markers to feel for thumb and finger placement when narrowing the breast.

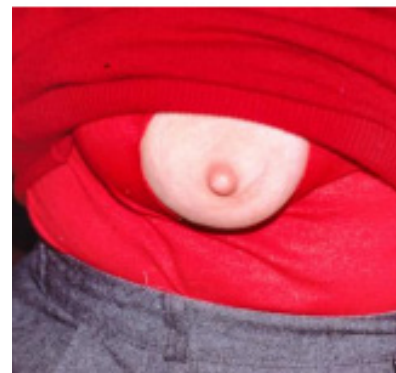


Squeeze thumb and finger where the Band-aids® are, to shape the breast for a deeper latch.

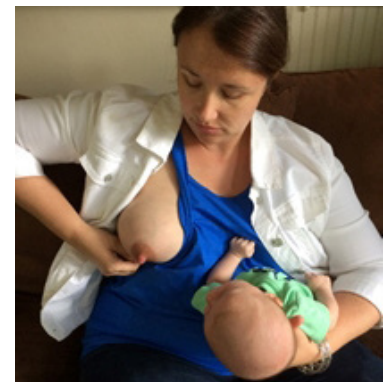
Tips to preserve modesty



Body exposure can be a big concern when in public.



To hide your midriff, cut a hole in a tank top or T- shirt and layer it under your blouse.



Use a side draped tank top, with large arm holes, to cover your midriff.

Be creative! Find solutions that work for you.

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