



Sister Lilian Report Sarah Sleep Shirt

Night feeding of an infant may be quite disturbing for a mom who does not realize that this is when she produces the best nutritional milk for her baby, and the peacefulness allows baby to nurse deeply and contentedly. To ensure that mom is as rested as baby, who sleeps while suckling, she should learn the skill of nursing and sleeping at the same time.

Follow these steps for success:

- Step 1** Change baby's diaper prior to feeding. Dress comfortably in a Carriwell Sarah nursing sleep shirt. This garment is made from pure cotton, which ensures that mom will be totally comfortable while nursing her baby.
- Step 2** Lie on your side on the bed. The mattress should preferably be quite firm, although comfortable.
- Step 3** Place a pillow between your legs at the knees, with the upper leg pulled up and bent forward at the knee. A pillow or rolled blanket in the small of your back will provide reassuring support, especially in the early stages of mastering this position.
- Step 4** Have your head on two plump but not overly firm pillows. These should be fitted into the rounded hollow between head and shoulder – your shoulder should not rest on the pillows, but rather the pillows on your shoulder. This step is vital.
- Step 5** The upper part of your bottom arm should stretch out at 90 degrees to your body. As baby is positioned, flex this arm at the elbow and cradle baby or simply keep it outstretched.
- Step 6** Baby must lie on his side, facing you, with his head snugly fitted in below your outstretched arm, not on top of your arm. This too is vital to the success of this position.
- Step 7** Baby's head must now be in such a position that his mouth can easily latch on directly to the lower breast without discomfort. You can use the hand of your upper arm to help latch and position baby. Carriwell's Sarah nursing sleep shirt is the ideal garment to make this possible, comfortably enabling mom to expose her breast while ensuring that her shoulders are still warmly covered when nursing baby on a chilly night.
- Step 8** Place a rolled up baby blanket behind his back to prevent baby rolling out of the side-lying position. Allow baby to feed as long as he wants to from this side.
- Step 9** Simply reverse the position by turning onto your other side and feeding baby from the other breast. Both you and baby will sleep well during the feed.