Rebecca Glover and Christina Smillie were two of the bright lights that preceded the concept of laid-back breastfeeding. Christina introduced us to the baby-led, mother-assisting approach. But when a baby does need more help, Rebecca’s approach (as shown in the page of diagrams that follows) can be helpful. Don’t think of it as a first-line approach, but keep it in your back pocket to use for babies who need extra help.

A key part of Rebecca’s approach is the same full body contact that laid-back breastfeeding provides automatically. Even though the mother is sitting up, she isn’t completely vertical. She’s “sacral sitting” – sitting back on her tailbone somewhat rather than on her “sitting bones” – in the same comfortable position we typically assume when we’re relaxed. In this position, some of the baby’s weight falls on the mother’s torso, allowing her arms to be more relaxed and helping to eliminate any gaps between the mother’s and baby’s bodies.

Her goal is to present the breast to the baby with the nipple rolling in last, even slipping in backwards, and unfolding deep in the baby’s mouth.

Again, this is not a first approach to use. But it’s a natural evolution of the “hamburger idea,” with baby approaching the nipple “from below,” and can be helpful when a baby needs an extra boost.

Remember that babies need to experience breast on their cheeks and lower face in order to know where they are, and they need to anchor their chin solidly on the breast, well away from the nipple base, before they’re able to suck effectively.