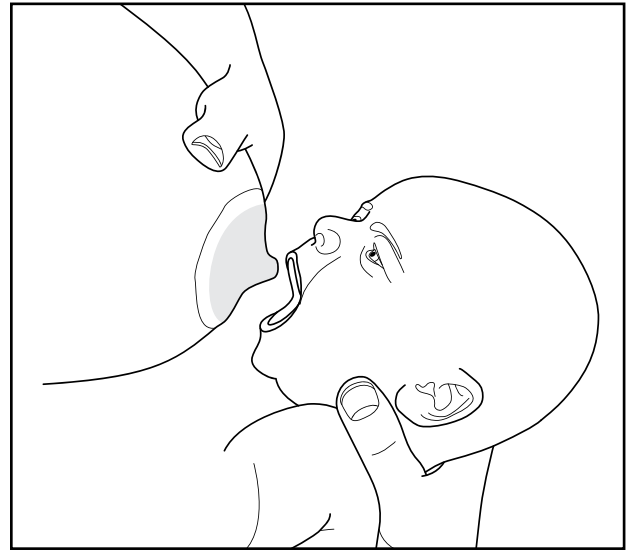


How To Latch-on

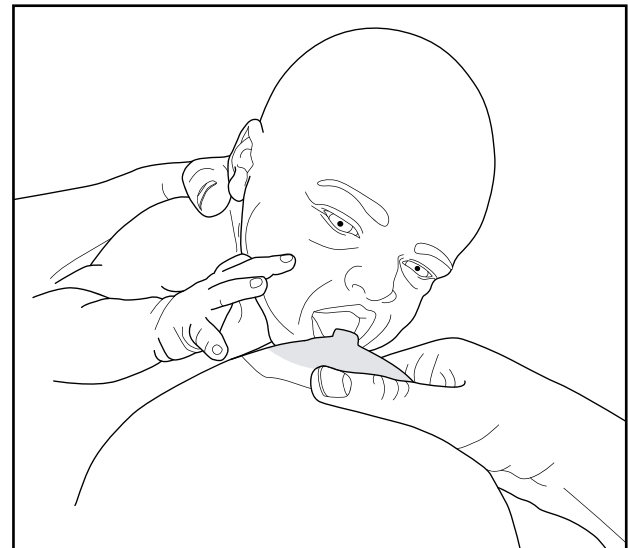
Good Latch

- **Support your breast.**
 - Support the base of your breast well behind the areola with your thumb on one side and your fingers on the opposite side.
 - Rotate your hand until your thumb is across from your baby's nose.
- **Place your baby's head and body facing your body (nose to nipple).**
 - You can use a finger or your nipple to stroke your baby's cheek so his face turns toward you. (This is the rooting reflex.)
- **Encourage your baby to open his mouth wide (like a yawn).**
 - When your baby's mouth is near the nipple, tickle his lips with your nipple. That will make him open his mouth.
 - If your breast is very firm, it may be difficult for your baby to latch deeply onto the breast. In that case, you can express a little milk ("soften" the areola). Expressing some colostrum on your nipple may encourage your baby to take the breast and begin to suck.
 - Make sure your nipple is pointing to the roof your baby's mouth.
- **Bring your baby quickly and gently onto your breast.**
 - His bottom lip should be farther away from the nipple than the top lip.
 - His lips are pushed outward, like fish lips. This is more likely to happen when he opens his mouth wide before he takes hold of the breast.



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Support your breast and place your baby's head and body facing your body (nose to nipple).



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After your baby opens his mouth wide, quickly and gently bring him to your breast. His chin should touch your breast first.

(over)

With a good latch, your baby will make bursts of rhythmic sucking. You should hear swallowing. Your baby will suck rapidly until the milk lets down.

A deep latch should not pinch or hurt.

When your baby comes off your breast, the nipple should look longer and be evenly rounded.

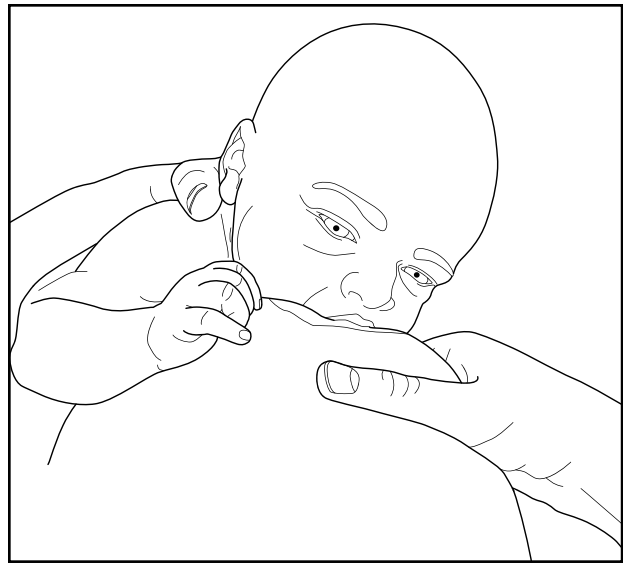
If your baby begins to nurse and then falls asleep in fewer than 10 minutes, continue nursing with the same breast. Take your baby off the breast, burp him, and then try to waken him by talking to him, rubbing his back or feet, or taking off some of his clothes. Then offer him your breast again.

When you start to breastfeed, you may feel some discomfort during the initial latching on. Tenderness the first week is normal. If you feel discomfort after seven days, call your lactation resource.

Whom To Call With Questions

If you have questions or concerns about your baby's health (including feeding and weight gain), talk with your baby's health care provider.

If you have questions or concerns about breastfeeding, talk with your lactation consultant or your nurse.



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Be sure to keep supporting your baby's head and neck so he is close to your breast.