



Latching Baby

Overview

Getting an effective latch for baby can be one of the most challenging parts of breastfeeding, but once it's obtained, breastfeeding becomes easier for everyone involved. A proper latch is crucial to allow baby to get the milk needed to grow and keep breastfeeding pain free for mom. Pain free weight gain is the goal of breastfeeding!

Positioning

1. The best position is one where mom and baby are comfortable.
2. Baby's ears, shoulders, and hips should be in alignment.
3. To obtain a good latch, align the baby's nose with mom's nipple, baby's chin should touch the breast first showing a slight upward tilt or "sniffing position" to baby's head.
4. Mom's nipple should be pointing towards the roof of baby's mouth, and baby should be brought to the breast, not breast to baby.

Baby's Mouth

1. Wait for baby to show you a wide open mouth before latching to the breast. You can encourage baby to open his mouth wide by brushing your nipple from nose to mouth.
2. Baby's top and bottom lip should be flanged out with the entire nipple and as much of the areola tissue as possible.
3. If the latch is painful, unlatch by breaking suction (stick your finger inside baby's cheek) and try again

Mom's Hands

1. One hand should support baby's shoulder and neck, this hand allows you to bring baby to breast.
2. Mom's second hand should be used to support your breast tissue. Create a "C" with your hand to support; your hands should be about an inch behind your areola to prevent pulling your nipple from baby's mouth.

If you are having a difficult time getting your baby to latch to the breast, reach out to the Lactation Consultants for an appointment!