

BREASTFEEDING

The Latch On

IMPORTANCE OF THE LATCH ON

If your baby does not have a good latch-on, he won't get the milk he needs and breastfeeding will be painful for you.

HOW TO GET A GOOD LATCH-ON

- Get your baby in position to nurse.
- Position your baby's head near the nipple she will be nursing from.
- Place your fingers under your breast. Place your thumb on top of the breast.
- Touch your nipple to the center of your baby's lip.
- Your baby will open her mouth (rooting reflex)
- As your baby opens her mouth, pull your baby onto the nipple and areola. Do this quickly and gently, using the arm *holding her*. Make sure you move the baby towards you, and not move yourself towards the baby.
- Check to see that your baby's mouth is correctly positioned on the breast:
 - Your baby's lips and gum should be around the areola (not just the nipple)
 - The gums should cover about one inch of the areola behind the nipple.
 - The baby's lips should be everted (turned out)
- If the lower lip is turned in, simply press down on the baby's chin to get that lower lip to turn outwards.
- Your baby's chin should be touching your breast.
- Your baby's nose may be touching your breast.

- At first you might feel a tugging sensation. You may also feel a brief period of pain, which can be normal.
- If the pain persists, however, your baby may not be latched on properly.
- If your baby is not latched on properly, break the latch by slipping your finger into the corner of her mouth. Reposition and try again.

Do not let the baby nurse incorrectly -

The baby is not getting enough milk

*You can develop painful and damaged nipples
from an incorrect latch-on.*

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CORRECT LATCH-ON

See how the baby's lips are turned out and the mouth is open wide.

Notice how much breast tissue has been taken in –
Almost the entire areola is in the baby's mouth.

