

Latching



Support breast with C or U shape hold.

Thumb is pressing into breast to aim nipple towards baby's nose.

Support baby at neck and shoulders.

Head is thrown slightly back.

Stroke from nose to upper lip with nipple.

When mouth opens WIDE,

Bring baby's chin to breast first.

Move baby onto breast, not breast to baby.



Head remains tilted slightly back.

Chin is pressed well against breast.

Baby should have more of the lower breast in his/her mouth.

Continue to support baby securely at neck and shoulders.

You may want to continue to support your breast to maintain a deep latch.

MilkWorks is a Comprehensive Resource to Help You Breastfeed Your Baby

For more breastfeeding information, visit our Breastfeeding Information Center at www.milkworks.org

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