



Latching

Support breast
with C or U shape hold.

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

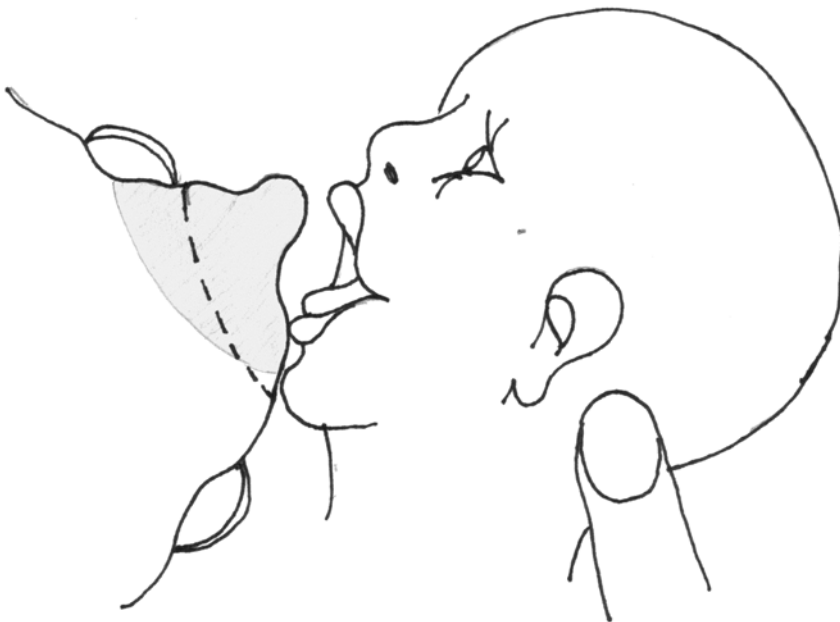
Support baby
at neck & shoulders

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 & 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

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