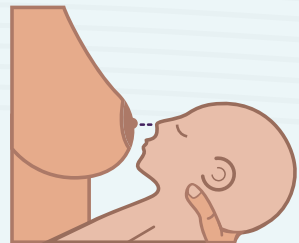




GETTING A GOOD LATCH

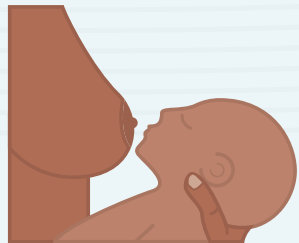


ONE OF THE MOST IMPORTANT PARTS OF SUCCESSFULLY ESTABLISHING BREASTFEEDING OR CHESTFEEDING IS MAKING SURE YOUR BABY HAS A GOOD LATCH.



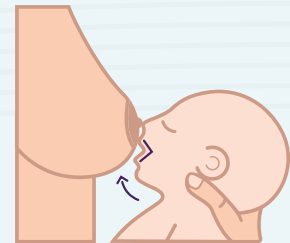
1. Position your baby properly.

- Position your baby so their nose is directly across from your nipple.
- Ensure your baby's stomach and chest are touching your body.



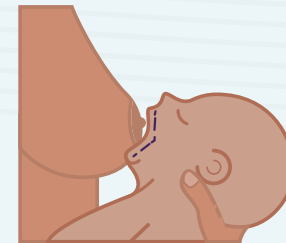
2. Support your baby's neck with your hand.

- Don't place your hand on the back of your baby's head. Most babies will push away from the breast/chest if you try to latch them by moving their head.



3. Tickle your baby's nose with your nipple.

- Your baby should open their mouth wide and try to latch.



4. Wait for your baby to open their mouth wide to latch.

- Be patient. If your baby opens their mouth a little bit, they may not be ready to latch.
- Wait until your baby opens their mouth wide, then pull them close to your nipple.

SIGNS OF A GOOD LATCH

- The latch is comfortable and pain free.
- Your baby's lips are turned out, like a fish.
- Your baby's mouth covers most of your areola, the circular area around your nipple, when they latch.
- Your baby's nose is free and their chin touches your breast/chest.
- Your baby's ears wiggle or move slightly while feeding.
- You hear or can see your baby swallowing.

If your baby is not latched correctly, gently pull their cheek towards their ear or insert a clean finger into their mouth to gently break their latch to try again.

Tip

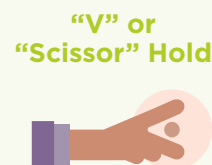
To help your baby get a good latch, make your baby a "nipple sandwich" with your hand as they open their mouth. This may help them latch more easily. See the examples to the right.



"C" Hold



"U" Hold



"V" or
"Scissor" Hold



SIGNS OF A POOR LATCH

- **Milk leaking from your baby's mouth while feeding:** This may be a sign the seal between your baby's lips and your areola is weak.
- **Clicking sounds while your baby feeds:** This may indicate your baby is swallowing air while they feed.
- **No swallowing sounds:** Your baby may be trying to suckle at the breast/chest, but no milk is being transferred.
- **Painful latch:** Feeding your baby at the breast/chest should not be painful. While soreness and tenderness can occur the first week of breastfeeding or chestfeeding, feeding your baby should NOT be painful.

If you are experiencing any issues with your baby's latch, contact WIC, your lactation consultant, or your baby's health care provider IMMEDIATELY.

RESOURCES

WIC Breastfeeding Support

Information on making a birth plan and common breastfeeding or chestfeeding challenges and concerns.

<https://wicbreastfeeding.fns.usda.gov/>

Office on Women's Health

Information on making a birth plan and common breastfeeding or chestfeeding questions.

<https://www.womenshealth.gov/breastfeeding>

QUESTIONS?

If you have questions about getting a good latch, contact:



1-800-8-NEV-WIC
(1-800-8-638-942)

NEVADAWIC.ORG

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