

A Good Latch Every Time Prevents Many Problems

Quick review of successful positioning and latch:

1. Positioning

- Hold head behind ears
- Belly to belly
- Baby's nose facing your nipple

2. Offer the breast

- Sandwich hold - squeeze breast slightly between thumb and fingers, with thumb lined up with baby's nose
- Stroke nipple from nose to chin, until baby opens wide, like a yawn
- Bring baby to breast, not breast to baby
- Baby gets a big mouthful of the areola
- Can let go of breast once baby latches

3. Check latch

- Flanged lips, mouth open wide
- No pain, no wedged or creased nipple
- Chin touching breast, nose free. Off-center latch, not a bulls-eye centered latch. Baby is lower on the areola

4. Assess milk transfer

- Wide open jaw
- Regular sucking
- You feel deep pulling sensation
- You can see and hear swallowing



Pain while Breastfeeding

While your nipples and breasts may be tender or uncomfortable, breastfeeding should not be **painful**. Make sure baby has a good latch (wide open mouth, lips flanged out, deep latch). If breastfeeding hurts, break the suction and latch again. If pain continues, contact your health care provider or lactation consultant.