

Breastfeeding Resource Center



Getting a Good Latch

Start with the Basics:

- * Place Baby at breast level, with face, chest, and knees facing mom directly
- * Position Baby with NOSE directly in front of mom's nipple
- * Support just the Baby's head right behind his ears with your hand (the bend of the arm doesn't give enough control for latch on)
- * Shape the breast to match Baby's mouth, making an exaggerated nipple. Think of how you compress a large sandwich to fit your mouth!
- * Lightly brush Baby's lips with mom's nipple, WAIT for a WIDE mouth, then bring Baby in close, chin to breast (note that Baby comes into breast, *not* breast to Baby)
- * Wait a minute. How does it feel? You should feel tugging, not pinching. If there is pinching, gently draw out upper and lower lips with index finger. You do not need to see the lower lip to pull it out.
- * Still pinching? You may have missed that wide mouth. Break suction and start again. It's worth getting right!
- * Feel good? Great! Now sit back, put your feet up on a stool, table, or box, roll Baby into you, and Relax!