

## Four Steps to a Successful Latch

Latch-on is the way the baby attaches to the breast it's important to make sure the baby gets enough milk, avoid sore nipples and encourages the breast to make more milk. To some babies it comes easy others need more help. Try a laid back position first before using the following suggestions. Laid back position alone will often solve any latch on problems.



1. Use one hand to “ridge” the breast (gently flatten the breast with your fingers as if it were a sandwich with one hand) keeping the fingers away from the areola
2. Bring the baby’s nose towards the nipple, then let the baby’s head tilt back slightly by bringing baby’s chin towards the nipple.
3. With that baby’s mouth open wide and tongue down, bring the baby to the breast making sure the baby’s lower lip touched the breast first. Make sure the mother’s palm is facing the breast and the baby’s body is in a straight line, snuggled in close to mom’s body.
4. Make sure the baby’s mouth takes in more of the underside of the areola and breast so that the nipple is far back in his mouth where the hard and soft palate meet. It is important to remember the baby is “Breastfeeding” and not “nipple feeding”.