

Deep Latch Techniques

a step-by-step guide



1



Get Comfy

Find a comfortable chair with a foot stool. Back support is a must. Many people find a breastfeeding pillow helpful.

2



Bring Baby Belly to Belly

Bring your baby belly-to-belly with you. Their hips should lower than their head, and your arm wrapping around them to give them support. Their arms should bear hug the breast.

3



Lead With the Chin

The first thing that should touch your breast is your baby's chin NOT their nose. Your baby's head should be tilted back slightly, which will aim your nipple at the roof of your baby's mouth.

4



Wait for a Wide Open Mouth

Avoid trying to just stick your nipple into your baby's mouth. Wait for a wide open mouth before allowing your baby to latch. You can try tapping on their chin to get them to open wider..

5



Double Check

A good latch looks like:

- The baby's chin is off their chest
- The baby's chin is buried deep into your breast tissue
- The baby is belly-to-belly with you
- There should be no pain