

# Deep Latch Techniques

## 1. "Flippie" Technique

To perform the flippie technique, according to [The Milk Meg](#), hold your baby either in a cradle hold or the koala hold where the baby is more vertical than horizontal. Then point your baby's nose at your nipple and wait for them to open very wide, using your finger to "flip" their upper lip open as they latch.

Video: <https://www.youtube.com/watch?v=deKN3wJ17Mk>

Video: <https://www.youtube.com/watch?v=CpPIO8DB6GY&t=7s>

## 2. Chin Contact

Most don't think of the chin as an important factor when latching on, but in an interview with Romper, Kristin Gourley IBCLC, founder of [Lactation Link](#), explains that the chin is actually fundamental in getting your baby to open wider. Having your baby's chin make contact with your breast just under your nipple will help them tilt their head up and back to get a wider "bite." Gourley explains:

Just like you bite into a big sandwich by touching your bottom jaw first then reaching over with your top teeth to bite down, the baby touches their chin to the breast then quickly comes up and over the nipple to latch on widely.

Video: <https://www.youtube.com/watch?v=LB4fene5nPI>

## 3. Bring Baby Nipple to Nose

According to the American Pregnancy Association (APA), mothers often make the mistake of aiming their nipple for the middle of baby's mouth, when you should be aiming your nipple at their nose, to cause them to tilt their head up and open their mouth wider. It will be more asymmetrical than like a symmetric "bulls-eye".

Video: <https://www.youtube.com/watch?v=-l5BpqllTLg>

Romper. (2017). 3 Ways To Make Your Baby Open Wider When Latching For A Less Painful Breastfeeding Session. Retrieved from <https://www.romper.com/p/3-ways-to-make-your-baby-open-wider-when-latching-for-a-less-painful-breastfeeding-session-70289>