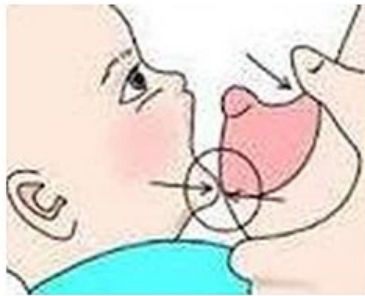




How to Get the Perfect Breastfeeding Latch



Hold your baby's head with one hand and support baby with other. Bring baby close enough so they can easily get your areola without effort.

Simulate baby's upper lip with your nipple until their mouth opens very wide.



Your baby's chin should be the first thing that makes contact with your breast. They must be latched deeper below your nipple than above.

Baby's lip must be completely turned out and wrapped firmly against your Areola.



Make sure baby's nostrils are clear from obstructions and can breathe easily.