

## Latching Baby at Breast

*A good latch is COMFORTABLE*

*A good latch is EFFECTIVE*

### Start by supporting baby's body:

- Bring baby up to the level of the breast by holding him/her securely in your arm
- Boppy or pillow support can be used to support your ARM not the baby
- Face baby's whole body in towards you (belly-to-belly)
- Support baby's head with your hand at back of neck/shoulders
- Bring baby in snug to your body, with neck in slight extension (drinking/sniffing position)

### Support your breast:

- "Hamburger" or "U" shape your breast with other hand, keeping fingers well back from nipple/areola
- Squeeze breast to make a sandwich that will go *corner-to-corner* across baby's mouth
- Tilt breast and nipple towards baby's NOSE not mouth

### Latching baby:

- Bring baby's face *close* into your breast tissue
- Chin and cheeks should be touching your breast, while your nipple is positioned at baby's nose
- As baby roots and reaches for the nipple, help roll nipple down from nose and into the mouth, without losing contact of the chin and cheeks at your breast

### Signs of a good latch:

- Baby has large mouth full of breast
- NO PAIN after first few sucks
- Baby will have rhythmic sucks/swallows, jaw drops
- After feed, baby is satisfied, breasts feel emptier, nipples are not damaged



CARING LACTATION  
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