

Learning to Latch



A 5 day old at the breast in a comfortable latch position. Note the relaxed body, chin to breast and nose far away from the breast.



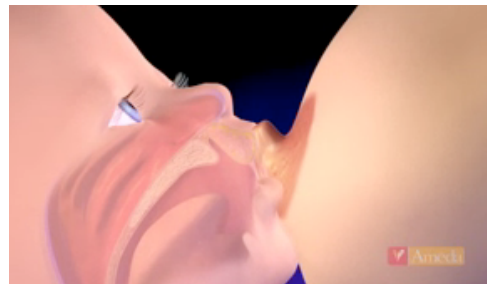
When your baby is starting to show feeding cues, place between breasts skin to skin.



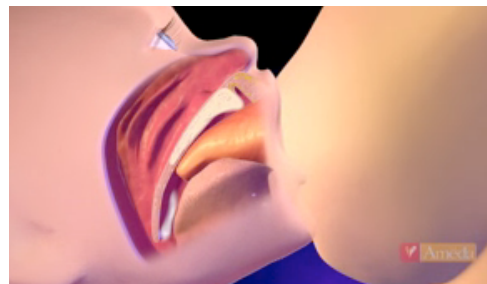
Allow baby to start bobbing head and bouncing toward one breast. Gently support as you pull the buttocks toward the opposite breast into a cradle position.



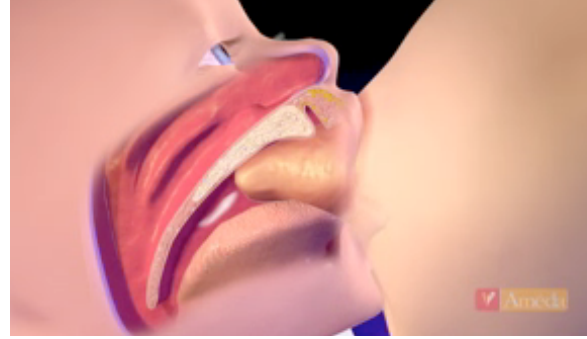
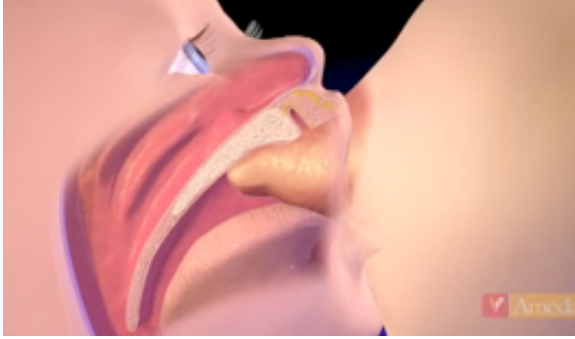
Once in cradle position, allow baby's chin to touch breast as shown above. This will trigger a reflex to open mouth wide. **FIRMLY** push the head onto the breast/nipple.



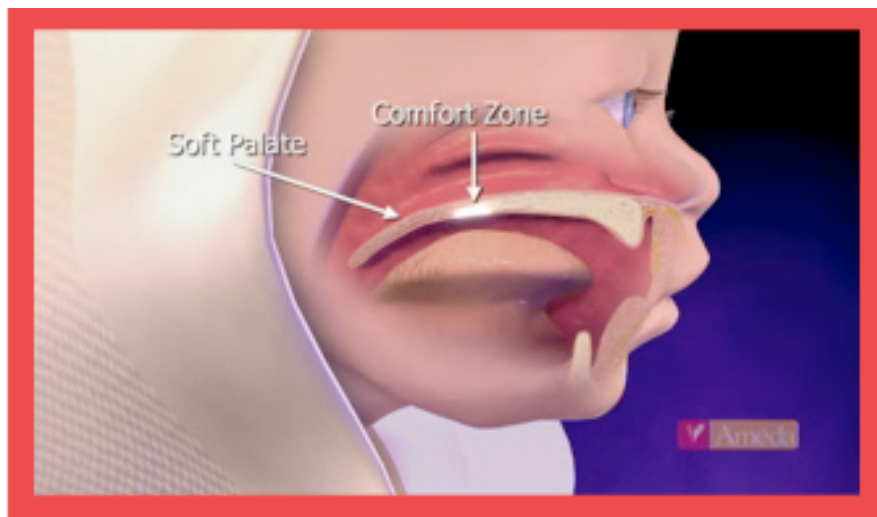
Note the chin against breast and the nipple bent and pointing toward the upper lip.



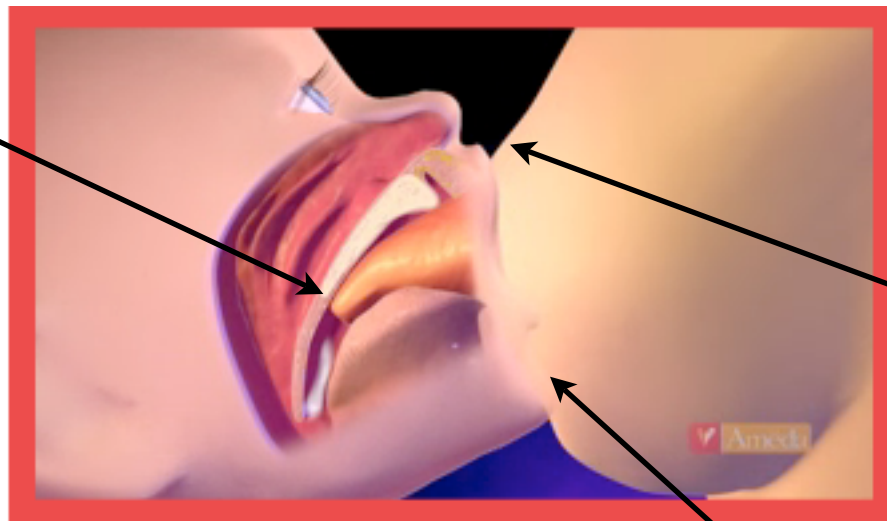
A good latch position looking from the inside. Note the nipple is in the comfort zone way back at the soft palate.



This baby is nursing against the hard palate - a ROUGH nipple damaging place to be! Try to avoid this "nipple" sucking. Aim for the comfort zone.



Comfort Zone
in use



Nose far
from breast

Chin against
breast