



Latching

Preparing to Latch:

- Massage your breast/chest tissue and do hand expression to start the flow of milk.
- If baby is showing hunger cues (i.e. hands to mouth, licking, nuzzling breast) proceed with latch. If baby is sleepy, take steps to wake baby and give expressed milk to baby.
- Point your nipple towards your baby's nostrils or upper lip.

Wide Mouth:

- The baby needs to have a wide mouth before moving onto the breast/chest
- Teach baby to open wide:
 1. Move baby toward breast/chest, touch top lip against nipple. Move mouth away slightly and brush downwards.
 2. Touch top lip against nipple again. Brush downwards again.
 3. Repeat until baby opens wide and has tongue forward and down



Latching Baby On:

- When mouth wide open, quickly move baby onto breast/chest with the base of your hand on baby's neck and shoulders.
- Baby's face needs to touch breast first.
- Once latched, top lip will be close to nipple, and some areola will show above the top lip. Keep baby's chin close to breast/chest.
- Chin should be tucked into breast with mouth wide open.
- Baby's head, shoulders and hips should be aligned facing the nipple

