



Get Started with Breastfeeding - Tips on Latching

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1 Hold your baby

Cradle: Hold your baby sideways, across your body, with your bellies facing each other. Bring your baby's chin towards one breast. Your baby's body will be laying underneath your other breast. Support your baby by resting them in the crook of your arm.

Football: Hold your baby by your side. Your baby's head is next to your breast and their body will be tucked under your arm. Hold your baby's head high enough so their nose can touch your nipple.

2 Hold your breast

With your free hand, make a "C" shape with your thumb and fingers.

Rotate your hand so that your thumb is on top and grasp your breast.

Make sure that your fingers don't cover the darker area around your nipple, the areola (ayr-ee-oh-la).

Gently squeeze your breast to make it into an oval shape.

Hold it like a sandwich. Imagine you are going to feed the sandwich to your baby.

BELLY - TO - BELLY

This is a great reminder to make sure that you and baby are in the right position to breastfeed. By having your bellies touching, the baby is positioned for a good latch.

3 Latch your baby to your breast

Place your nipple on the tip of your baby's nose.

Stroke your nipple across your baby's lips towards their chin, rolling out their lower lip on the way.

Continue stroking your nipple from nose to chin until your baby opens their mouth wide.

As soon as your baby opens their mouth as wide as they can, aim your nipple at the roof of your baby's mouth and push your baby's mouth onto your breast.

You want your baby to take as much of your breast in their mouth as possible.

Once your baby is latched onto your breast, gently pull your baby's shoulders towards you. This should help your baby keep their nose free so they can breathe.

BABY - TO - BREAST NOT BREAST TO BABY

This tip will prevent soreness in your back, arms and wrists. Use pillows or an armchair to support your body. Get comfortable!

