



4 Steps To A GREAT LATCH

Breast or chestfeeding should not be painful. When your baby is first born, the feeding process will take some adjustment. Getting used to the process is different than being in pain. Pain could result from a poor latch.



1 NOTICE YOUR BABY'S HUNGER CUES.

YOUR BABY MAY:

- >> Move their head, looking for something to suck on
- >> Pull their hands and knees upward toward their face
- >> Make sucking noises and try to suck on anything they can find

2 GET YOUR BABY IN THE RIGHT POSITION FOR A GOOD LATCH.

There are different ways to hold your baby to feed. Choose the positions that best support the needs of your baby or your body.

Catching your baby's cues before they cry will make latching easier.

Your baby will give several cues at the same time called "clustered cues".

If you don't notice your baby's first hunger cues, they will get upset and cry.

EXAMPLES OF THESE HOLDS INCLUDE:



Cradle



Cross cradle



Laid-Back or "Straddle"



Clutch or "Football"



Side-Lying Position



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3

PUT YOUR BABY'S NOSE TO YOUR NIPPLE.

Your baby will react by opening their mouth wide to show you they are ready to accept your nipple.



4

GUIDE YOUR BABY TO YOUR BREAST OR CHEST AND POSITION YOUR NIPPLE INTO THEIR MOUTH.

Allow your baby to attach using a wide mouth. This will help them with swallowing.

WITH A GREAT LATCH...

- >> Your baby's lips will be pressed outwards.
- >> Your baby's chin will be touching your skin.
- >> Your baby's cheeks will be rounded, not sucked in.
- >> Your nipple will be pressed up against the very back of the roof of your baby's mouth.
- >> Your baby's sucking motions will be long and deep, not short and shallow.
- >> Your baby's gulping will let you know they are getting milk.

Take This Lesson to Learn:

- How to pace bottle feed. (video)
- Tips to establish a good milk supply.
- How your family can support you while you feed your baby.

To Get Started:

- Visit wichealth.org
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- Choose **Begin**
- Choose the category: **Pregnancy and Baby's First 6 Months**
- Choose the lesson: **Feeding Your Newborn**

