

Latch and Breastfeeding Positions

Latch

A deep latch means your baby gets more milk. It's also more comfortable for you.

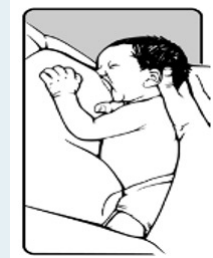
If your baby latches only onto your nipple and not the areola, you may have sore nipples and poor milk supply. It takes practice! You may have to repeat these steps several times before your baby latches on correctly.

Latch basics:

- Sit tummy to tummy with your baby. Make sure your baby's ear, shoulder and hip are in a straight line.
- Bring your baby close to your breast.
- Place your nipple under your baby's nose. Use your nipple to stroke down from your baby's nose to help your baby's mouth open wide.
- When your baby's mouth opens wide, pull your baby in to latch on. Your baby's mouth will only be open for a few seconds.
- Remember, bring your baby to your breast. Don't bring your breast to your baby's mouth.

After your baby has latched on:

- Your baby's mouth should be around your areola, not just your nipple. You may see more of the top part of the areola and less of the bottom part.
- Your baby's lips should be turned outward against the breast.
- Your baby's ears, shoulder and hip should be in a straight line.
- You should feel a strong rhythmic tug on your breast.
- A little bit of nipple tenderness within the first minute is normal. Sore, reddened, bleeding or cracked nipples are not normal.



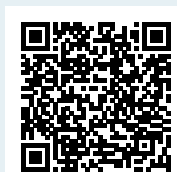
Tummy to Tummy



Nipple Under Nose



Chin to Breast



Scan the QR code to view the latch video.

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Breastfeeding Positions

Laid-back:

- Lean back so you're comfortable, and your back is well supported.
- Place baby tummy to tummy with baby's legs well supported.
- Put your arm along baby's back, grasping baby's bottom.
- Place your nipple under baby's nose.
- Allow your baby to root and self-attach.
- Gravity helps keep baby in position.



Cross-cradle:

- Hold baby tummy to tummy.
- Hold your forearm along baby's back, with your hand supporting baby's neck and shoulders.
- Your other hand can support the breast.

Football:

- Hold your baby's body under your arm.
- Your hand supports baby's neck and shoulders.
- Pull baby's bottom close to your body, using your elbow.
- Baby is looking up at you.
- Your other hand can support your breast.



Side-lying:

- Lay on your side, with baby tummy to tummy.
- Use your upper arm to support your breast.
- Pull baby's bottom close to your body.

Cradle:

- Sit in a comfortable upright position.
- Hold your baby in the arm on the side baby is feeding on.
- Baby's head is on your forearm with your hand holding baby's bottom or thigh.
- Baby's lower arm is below baby's body.
- Baby's body is tummy to tummy with you.
- This position works better when baby is already latching well.



You and your baby learn to breastfeed together

- The first day may be a sleepy day and baby may just feed a few times.
- The next days may be very different, with baby wanting to feed almost constantly.
- Nursing staff will help you with latch and positioning.
- You might alternate positions during a feeding.
- You'll be given resources for local breastfeeding support for after you leave the hospital.



Scan the QR code to view the positioning video.

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