

Latching On

It may take a few feedings before you and your baby figure out the best way to breastfeed. Be patient. It gets easier with time. Once your baby latches on, she sucks rapidly until the milk starts flowing. Then she settles into a rhythm of sucking and swallowing. Her sucking becomes slower, deeper, and stronger. When you are comfortable and your baby has a good latch, let her nurse as long as you can see and hear her sucking and swallowing.

How to help your baby latch on:

- Get comfortable and use pillows for support
- Hold your baby close to your body with his tummy facing yours and his nose across from your nipple
- Gently tickle his upper lip with your nipple until his mouth opens wide like a yawn
- Pull him in chin first, quick and close, so he takes in as much breast as possible, resulting in a deep latch
- With a deep latch his mouth is open wide, lips flared out and his chin is touching your breast
- Re-latch if he has a shallow latch (only the nipple or a small amount of breast in his mouth)



A deep latch



A shallow latch

GO ONLINE See www.Mom.com
Watch the video **Latching On**

Breastfeeding Positions



Laid-Back

Recline comfortably at about a 45° angle. Position your baby so that she lies with her tummy on your body.



Football

Hold your baby along the side of your body. This is a good hold if you had a cesarean or are nursing twins.



Cross-Cradle

Support your baby's upper back and shoulders with one hand, keeping your fingers low behind his ears.



Cradle

Support your baby's head in the crook of your arm. This position can be used when your baby gains more neck and head control.



Side-Lying

Lie on your sides, tummy to tummy. Make sure to keep bedding away from your baby.