

# Breastfeeding Is BEST

Breastfeeding Education,  
Support, & Training

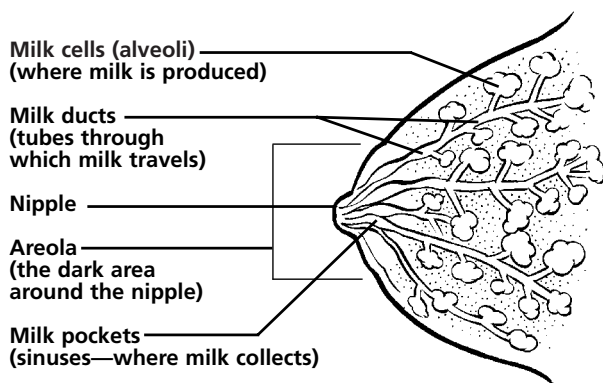


# Breastfeeding Latch-On

An important responsibility of new parents is to see that their baby gets the nourishment to grow and develop properly. With your decision to breastfeed, you've joined the majority of mothers who have chosen the preferred method of feeding babies.

Breastfeeding gives your baby a loving foundation for a healthy life. For every day that you breastfeed, you will have the satisfaction of knowing that you are enriching both your baby's life and your own.

The way your baby "latches on," or attaches, to the breast is probably one of the most important factors determining successful breastfeeding. For correct latch-on, your baby's mouth needs to be positioned over the milk pockets that are located about 1 to 1½ inches behind the nipple. Positioned this way, your baby will get the most milk and you will be less likely to have sore nipples.



Gently lift and support your breast, with your thumb on top and your fingers below the breast, well behind the areola. This position is called the C-hold.

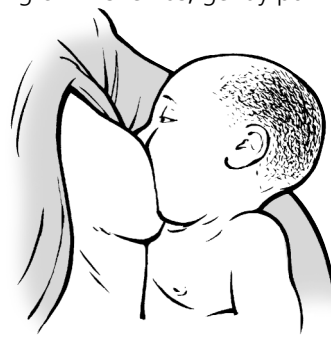


Gently stroke your baby's bottom lip with your nipple in a downward motion several times. Pause to see if he opens his mouth. Repeat this until his mouth is open very wide.



Then quickly pull your baby onto your breast so that her chin, her nose and her cheeks are slightly touching your breast. She should have as much of the areola as possible in her mouth. If her nostrils appear to be blocked, pull her bottom upward and closer toward you, giving her more space to breathe. Or you can lift your breast slightly with the hand that is supporting it. She will pull her head away from the breast if breathing is difficult.

Also check to make certain she hasn't pulled in her lower lip while latching on. If she has, gently pull her lip out.



The baby's lips should curl outward and press against your breast and his tongue should be below the nipple. The tip of his tongue may be visible between his lower lip and your breast. If you feel discomfort after the first few sucks, and discomfort continues after a minute or so, stop and start again.

Before taking her off your breast, first break the suction by placing your finger gently into the side of her mouth.

If you have any questions, contact your health care professional.

Ross Pediatrics provides this information to health care professionals to help counsel patients.

\*This material alternates between "she/her/hers" and "he/him/his" when referring to babies.