



Your Breastfeeding Journey: Latching

Breastfeeding is an essential aspect of early infant care and nutrition. For a successful breastfeeding experience, one of the most critical factors is proper latching.

What Does It Mean for a Baby to Latch?

Latching is the process by which a baby attaches to the mother's breast to feed. Lots of people assume that this comes naturally, but in reality it's more of a skill that you and your baby need to learn together.

Steps to Help Your Baby Latch:

1. Position yourself comfortably with back support, pillows supporting your arms and your feet supported by a footrest.
2. Position your baby close to you, belly to belly. There should be no gap between you and your baby.
3. Support your baby's head and neck with the "Y" of your thumb and pointer finger at the base of your baby's head. This support provides stability and guidance to aid in obtaining a deep latch.
4. Align your baby's nose to your nipple and wait for them to open their mouth wide (140-150 degrees).
5. Once your baby opens their mouth wide, pull them deeply onto your breast with the goal of your nipple landing deep and upwards in your baby's mouth.
6. Support your breast with your other hand in a "C" hold so your breast is not pressing on your baby's chin. Your baby's head is extended with their chin, cheek and nose touching the breast- chin leading.
7. Listen for swallowing: as your baby feeds, listen for the sound of them swallowing. This indicates that your baby is getting milk and is latched on properly.
8. Break the latch gently: if your baby is not latched on properly or if they have finished feeding, break the latch gently by inserting a finger into the corner of their mouth to release the suction.

Why is It Important to Have a Good Latch?

- Latching is necessary for effective breastfeeding and the transfer of milk.
- A good deep latch will prevent nipple pain, cracking and/or blisters.
- A proper latch (not strong) will allow your baby to effectively transfer milk, help establish a milk supply and avoid clogs or infections.



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Every Step of the Way**

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