



## POSITIONING AND LATCH

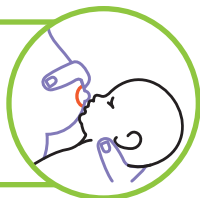
**LATCH** is how your baby attaches to your breast to breastfeed.

- Your baby receives the most milk when they are well latched.
- Watch for the early signs of hunger. Crying is a late stage of hunger. It's easier to get a good latch early compared to when your baby is crying.

### 3 STEPS TO A GOOD LATCH

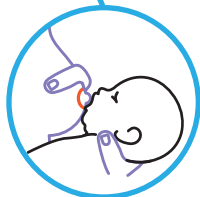
1

Tickle your baby's lips with your nipple. This will help baby open their mouth wide.



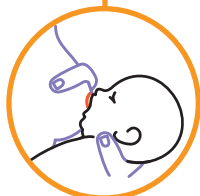
2

Wait for a wide-open mouth. Aim your nipple just above your baby's top lip. Your nipple will point towards the roof of baby's mouth. Make sure your baby's chin isn't tucked into their chest.



3

Aim your baby's lower lip away from the base of your nipple. Baby's lips should be turned outward like a fish. Your baby should lean into the breast chin first and then latch onto your breast. Your baby's tongue should be extended, and your breast should fill your baby's mouth.





## SIGNS OF A GOOD LATCH

- The latch is comfortable and pain free.
- Your baby's chest and stomach rest against your body, so that baby's head is straight, not turned to the side.
- Your baby's chin touches your breast.
- Your baby's mouth opens wide around your breast, not just the nipple.
- Your baby's lips turn out.
- Your baby's tongue cups under your breast.
- You hear or see swallowing.



## CROSS-CRADLE

Useful for premature babies or babies with a weak suck. This hold gives extra head support and helps the baby stay latched. Hold your baby along the area opposite from the breast you are using. Support your baby's head at the base of the neck with the palm of your hand.

## NOT WORKING?

If you're having trouble getting a good latch, try:

- Moving to a quiet, calm place.
- Holding your baby skin to skin. While both you and your baby are undressed, hold your baby against your chest.
- Letting your baby lead. Support your baby's neck, shoulders, and hips with your hands or a pillow. Offer your breast, but let your baby find your nipple on their own.



Getting your baby to latch on can take time. Keep practicing and ask WIC for help!

## BREASTFEEDING POSITIONS

Positioning of your baby and a good latch are important for successful breastfeeding.

You can also use pillows under your arms, elbows, neck, or back to give you comfort and support. Keep trying different positions until you are comfortable. Comfortable positions may change with each feeding.



## CRADLE HOLD

An easy, common hold that is comfortable for most mothers and babies. Hold your baby with his or her head on your forearm with their body facing yours.



## SIDE-LYING POSITION

Useful if you have had a C-section, but also allows you to rest while the baby breastfeeds. Lie on your side with your baby facing you. Pull your baby close so your baby faces your body.

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## CLUTCH OR “FOOTBALL” HOLD



Useful if you have had a C-section, have large breasts, flat or inverted nipples, or a strong let-down reflex. This hold is also helpful for babies who like to be in a more upright position when they feed. Hold your baby at your side with the baby lying on their back and with the head at the level of your nipple. Support your baby's head by placing the palm of your hand at the base of the head.

## LAID-BACK HOLD (STRADDLE HOLD)



A more relaxed, baby-led approach. Lie back on a pillow. Lay your baby against your body with your baby's head just above and between your breasts. Gravity and an instinct to nurse will guide your baby to your breast. As your baby searches for your breast, support your baby's head and shoulders but don't force the latch.

## TO LEARN MORE

Search online for:

<https://womenshealth.gov/breastfeeding/learning-breastfeed/getting-good-latch>