

Breastfeeding Education Topics for weeks 24-28

Latching



Latching means how your baby attaches to your breast to feed. Remember the basics of good positioning; this will affect how baby latches onto your breast. Deep latching technique can take some practice and does not come natural to most.



When baby opens his/ her mouth wide, bring them to the breast to make sure their chin touches the breast first. This stimulates a reflex that will tell baby to open wider. Bring baby to you, rather than leaning over or trying to put your breast in their mouth.

Signs of a Deep Latch

- ✓ No nipple or breast pain for mom
- ✓ Hear swallowing (sounds like a sigh or "ca-ca")
- ✓ Most of the areola is in baby's mouth
- ✓ Baby's mouth is wide open
- ✓ Baby's lips are flanged (rolled out)
- ✓ Baby's cheeks and chin are in contact with your breast



Comfortable latching is not always about how it looks, but also, how it feels for the breastfeeding parent!

If you develop sore, cracked bleeding nipples- this is NOT normal! This is a sign that your baby is not latched deeply enough. Your nurse or lactation consultant can help with improving positioning or baby's latch to make sure it is comfortable for both of you- call one every time your newborn latches!