

Four Steps to a Great Latch!

This latch is called an asymmetrical or off-center latch.

Your baby milks your breast with his jaw and tongue.

This latch will help your baby drink more milk by letting him take in more of your breast with his lower jaw.

This is a very comfortable latch even if your nipples are sore.



1. Position baby tummy to tummy, with his head and belly button in a straight line. Point baby's nose to your nipple.



2. As baby opens his/her mouth at the smell of your milk, allow baby's head to tilt back slightly. Now your nipple is pointed at the roof of baby's mouth. Bring baby to the breast **chin first**, then upper lip.



3. Baby's chin and cheeks should be pressed into your breast, but baby's nose will be clear of the breast or with the tip slightly touching.



4. This is what you will see when baby is latched on.