



Latch and Positioning While Breastfeeding

Positioning your baby properly can help you breast-feed successfully.

Breastfeeding positions

- **Cross-cradle:** Hold your baby against your tummy. Place your hand under the baby's neck and shoulders with the body resting on your forearm. Use your other hand to support and compress your breast.
- **Football:** Hold your baby on the side you plan to feed from. Instead of laying the baby across your body, bring the baby to your side like a football. The baby should be looking up at you with the nose close to your nipple. Use your opposite hand to support and compress your breast.
- **Side-lying:** Lie on your side with your baby against your tummy. Use your upper arm to support and compress your breast. Use your lower hand to bring the baby to your breast. Make sure your baby has space to breathe.
- **Laid back:** Recline with your baby on your chest. In this position, babies use their cheeks to tell them where the breast is. Expect lots of head movements and bobbing until the baby finds your nipple.

Latching

- If you hold use the cross-cradle position, place your baby's nose near your nipple. Support your breast with your other hand. Place your thumb outside your areola across from baby's nose. Press the breast slightly toward your baby's mouth (imagine a "breast sandwich"). This makes it easy to latch on deeply and comfortably.
- Lightly touch the baby's lips with your nipple. When the mouth is wide open, bring the baby in quick and close. The baby's lips should be flared, like a fish, on the areola, not just the nipple.
- The baby's chin should be pressed into your breast, not down to his or her own chest. This will widen the mouth and bring the nose away from the breast. If you need to hold your breast away from your baby's nose, scoot your baby's body toward the other breast.
- If your baby does not have enough areola in the mouth, you may feel pinching or pain. Your nipple may look flat or white. Break the latch by inserting a clean finger between the gums. Try again.
- Bring your baby to the breast, not your breast to the baby.
- If you don't hear swallowing sounds, make a "c" with your hands around the breast and slowly squeeze. This will give your baby a taste and encourage sucking and swallowing.
- Nipples should have the same shape when you are done breastfeeding. If they are misshapen, you don't have a good latch.