

# Latching Baby

## IN 8 EASY STEPS

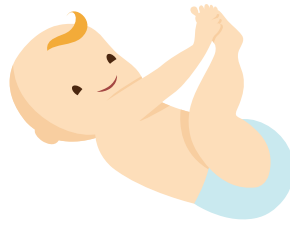
by:

mamasoup



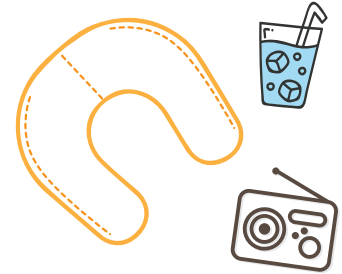
### 01 CATCH BABY EARLY

Quickly respond to early signs of hunger: moving arms, waking, yawning and licking. Catching the baby before crying allows you the time to calmly latch, make adjustments and it sets the tone for a calm and peaceful feeding.



### 02 UNWRAP BABY

Strip the baby naked, down to the diaper. This makes it easier for you to check positioning and it promotes warmth, bonding, stabilized breathing and heart rate for the baby.  
**Bonus:** being skin-to-skin allows your hormones to circulate and promotes the milk-making process!



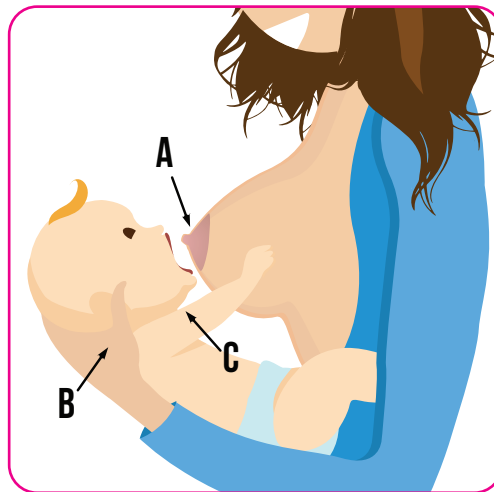
### 03 GET COMFORTABLE

Find a comfortable spot and position. Use pillows and grab a glass of water and a snack. Turn on the tv or some relaxing music, take a couple of deep breaths, raise your shoulders and then let them drop in relaxation.



### 04 GET BABY IN POSITION

Many women use the cross-cradle hold for their first breastfeeds because it allows them to support the baby's back and shoulders while giving baby a good view of the breast - all good things for practicing this new skill! It also gives you more control of the breast with your free hand.



- A** Nipple pointing up towards the nose.
- B** Thumb only. Baby is free to move.
- C** Wide mouth and double chin for baby.

### 05 SUPPORT NECK, NOT HEAD

Place baby's tummy next to your tummy, supporting the back with your forearm and the neck with your hand. This way, baby's head is free to move! (Imagine yourself drinking a glass of water: you can swallow it easier if your head is back not forward, right? The same is true for your baby!) Hand express a little milk and leave it on your nipple so the baby can smell it.

### 06 PLACE AND WAIT

Place the baby close to your nipple and wait for a big, wide open mouth. Point your nipple up towards the baby's nose and bring the baby to your breast. The tongue should be at the bottom of your baby's mouth. The chin and lower gums should make the first contact with the breast.

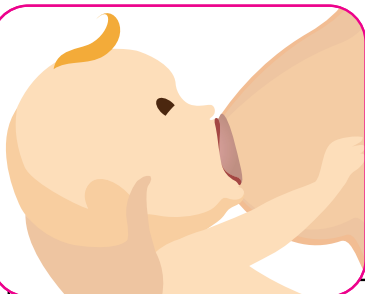


### 07 COMPLETE THE LATCH

Once you're in position, bring the baby onto the breast. This is a swift movement, before the baby's mouth closes. When you latch, you want the baby to take more of the bottom of the areola than the top. Don't lean down or bring your breast to the baby because then you're no longer in control of the latch.

### 08 UNDERSTANDING SENSATIONS

For the most part breastfeeding shouldn't hurt. If you feel pain after the first couple of sucks, take the baby off immediately by placing your finger inside the corner of the mouth to break the suction. Shift your position, re-latch the baby and start again!



The latch is good when the baby's mouth covers the areola, the lips flare out, there's a visible double-chin and you can hear the baby swallowing (*sucking, then a pause and you'll hear a soft "k" sound*)