

Steps To A Great Latch

You got this mom!



1. **Get comfortable.** Find a position that you can comfortably maintain for 15 minutes or more. Lying back in a reclined position works well for many mothers.



2. **Calm baby.** It's much easier to latch a baby that is calm. If your baby is crying or fussy, calm her first.

3. **Hold baby close.** Position baby tummy to tummy with you. Make sure baby is facing your breast and doesn't need to turn his head to reach your nipple. Your baby should feel safe and secure.



4. **Get ready.** Position baby so her nose is pointed at your nipple.

5. **Get set.** Wait for baby to open up wide, almost like she is yawning. You can tickle baby's upper lip with your nipple, this may trigger to open her mouth.



6. **Go!** When baby opens up, pull baby on close. Support baby's neck and shoulders – not her head - with your hand and/or arm.

