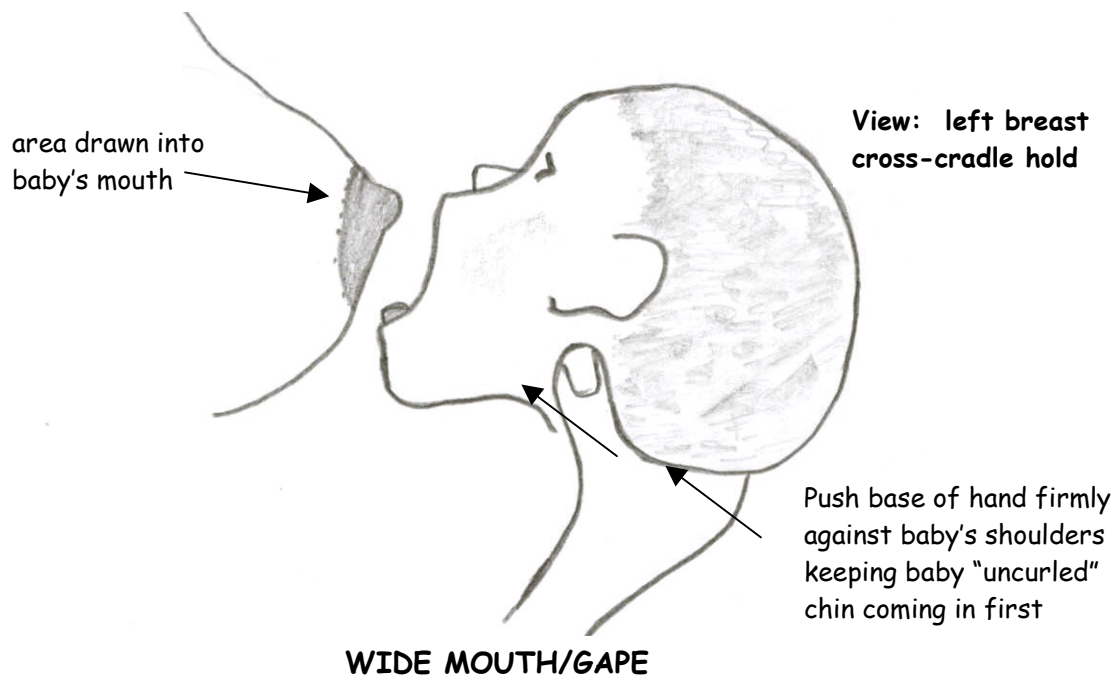


## ***WHEN LATCHING***

*Anne J Barnes - May 1995*

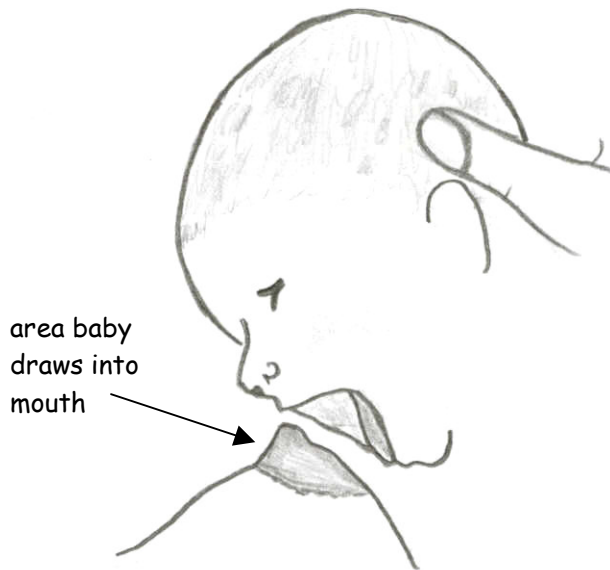
- › Have nipple and baby's nostrils in line before latching.
- › Mother's hand under the baby's face.
- › Head supported but NOT pushed in against breast.
- › Head tilted back slightly.
- › Baby's body and legs wrapped in around mother.
- › Push with base of hand on baby's back and shoulders when MOUTH WIDE OPEN to move baby quickly onto breast, so chin and lower jaw touch breast first.
- › WATCH LOWER LIP, aim it as far from base of nipple as possible, so tongue draws LOTS OF BREAST into mouth.
- › Move baby's body and head together - keep baby uncurled.
- › Once latched, top lip will be close to nipple, areola shows above lip. Keep chin close against breast.



- › Need MOUTH WIDE BEFORE baby moved onto breast.
- › Teach baby to open wide/gape:
  - move baby toward breast, touch top lip against nipple (across upper lip or down midline of lips)
  - move mouth away SLIGHTLY
  - touch top lip against nipple again, move away again (across upper lip or down midline of lips)
  - REPEAT UNTIL BABY OPENS WIDE and has tongue forward

### MOTHER'S VIEW WHILE LATCHING BABY

Left breast - cross-cradle hold



baby's head tilted slightly back

bring baby in quickly

push with base of hand on shoulders

chin touches first

baby's body close against mother

move baby not breast

### MOTHER'S VIEW OF NURSING BABY

#### Good latch

- Chin but not the nose is touching breast
- Baby is on areola in an asymmetric fashion (if nipple could be seen, it would be pointing to the roof of the baby's mouth)
- Baby covers more of the areola with his lower lip than his upper lip
- Baby's lips turned outwards
- Tongue over lower gum line
- No clicking or smacking sounds
- No indrawing or dimpling of cheeks
- Mother has no nipple pain
- hold in firmly against shoulders keeping baby "uncurled"

