

# Breastfeeding Latch Instructions

1



Start by gripping your baby so your palm is between their shoulder blades and your fingers are under their jaw to lift their head back - their tummy touching your body.

2



Hand-express a few drops of milk and touch the baby's upper lip with your nipple so their mouth will open.

3



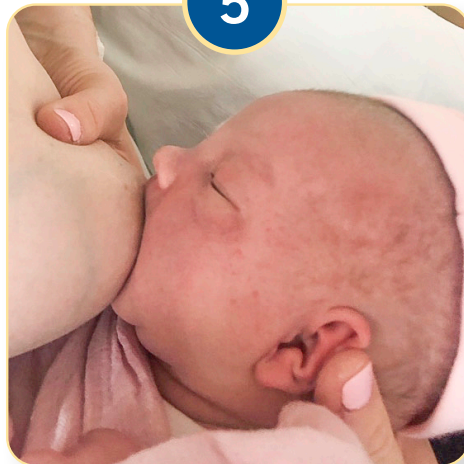
When the mouth is open wide, pull baby (leading with the chin) onto your nipple so your nipple will touch their suck reflex on the roof of their mouth.

4



Baby should be able to look up at you; the chin pushing into the breast ejects milk into the nipple.

5



**Best latch looks like:**  
Baby's tummy is against mom, lips form a seal at the breast, nose is open to breathe, gape of mouth is open at wide angle and chin is against breast. There should be more areola tissue showing by the nose than by the chin.

## To unlatch:

place your finger under baby's upper lip to break seal and pull baby away. Inspect your nipple. It should look longer and be the same shape at the end of breast feeding as when you began. It is normal for the initial stretch of your nipple to create a sensation, but breastfeeding should not be painful throughout. A tugging feeling is normal. Pain is a sign you should ask for help.

**Questions? Contact Lactation Services at (208) 625-5091 for more information.**