

Helping your baby to latch



Get your baby calm and ready:

- Catch your baby early and spot the early signs of hunger
- Strip baby to just a diaper

**Snuggle baby skin-to-skin
on your chest**

- This helps baby to get calm and focused
- Your baby will lift his head and search for the breast

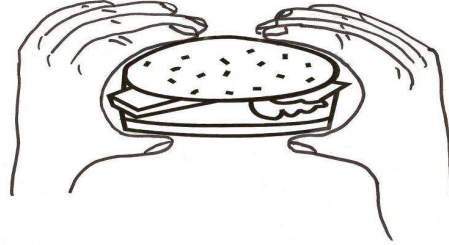
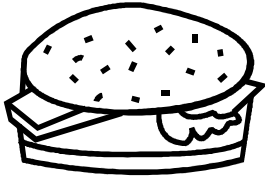
Support your baby at your breast:

- Help baby get to the breast
- Hold baby's neck and shoulders so your baby feels safe and snug
- Hold the weight of baby's head and keep baby tucked in close

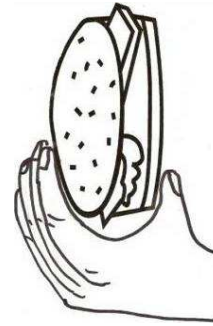
If your baby gets upset and cries, bring your baby back up to your chest. Wait for your baby to calm down and show interest in latching, and then try again.

You've got what it takes!

Make your breast easy for baby to grasp:



- Squeeze the breast to make it stick out and easier to grasp
- Keep your fingers back out of baby's way



In cross cradle hold:

- Use one hand to support your breast from underneath

Make it easy for your baby to reach the breast:

- Turn your baby all the way on the side with baby's tummy facing you
- Tuck baby's body in close
- Touch your nipple to baby's upper lip and hold still



- NOW JUST WAIT FOR YOUR BABY TO LATCH-

Baby will tilt back his head and reach lips over the nipple to latch



- Listen for swallows -

A good latch:

- Is comfortable
- Is usually off centre with more of areola covered by baby's chin
- Has your baby's chin and cheeks touching the breast but baby's nose away from breast
- Does not make your nipple look pinched or white after the feeding
- Is followed by slow, rhythmic sucks with lots of swallows: "caa" sound with every 1-2 sucks

TROUBLE SHOOTING:

If it hurts or you don't hear swallows

- Tuck your baby's bum and shoulders in closer
- Pull baby along your body in the direction of his feet so that his head tilts back and his nose is away from the breast
- Make sure you can see both of your baby's eyes without tilting your head – tuck baby in more so that baby's bottom cheek is touching the breast
- Compress your breast with your hand when baby is sucking to increase the flow of breastmilk
- Relatch if it still hurts or you don't hear swallows
- Switch to the other breast when you hear less swallows

Live on “baby time” and watch your baby's cues

- Offer the breast by putting baby naked on your chest whenever baby stirs or puts hands to mouth. Baby will look for the breast if interested.
- Expect baby to have about 8 -12 breastfeeds in each 24 hours
- Your baby should be relaxed and not showing signs of hunger after most feedings
- Baby may want to eat again within an hour – it is normal for your baby to feed frequently
- Watch your baby's diapers - see *Expected diapers* fact sheet for the right diapers for your baby's age
- If diapers are not on track, or baby is not latching well, get help:
 - ***York Region Health Connection at 1-800-361-5653*** to speak to a Public Health Nurse
 - International Board Certified Lactation Consultant (IBCLC)
 - Breastfeeding Clinic
 - La Leche League Leader
 - Your doctor