

## Information for Breastfeeding Families

# Check List for Essentials of Positioning And Latch

### Positioning

- Tuck baby close to mom with back straight.
- Use pillow to support baby's bottom.
- Hold head behind ears, baby's head slightly extended.
- Line up baby's nose with nipple.



### Check the latch

- Look for flanged lips, open mouth to 140°.
- Ensure no pain, no wedged or creased nipple.
- Check that chin is touching breast, asymmetrical latch.

### Offer the breast

- Line your fingers up with baby's lips, ensuring a large portion of your breast is offered to the baby.
- Use sandwich hold (squeeze areola gently).
- Aim your nipple between baby's nose and top lip.
- Place baby's lower lip on the breast, about 1 inch below the nipple.
- Bring baby to breast, not breast to baby, quickly, chin first.



### Assess milk transfer

- Watch for wide jaw movements.
- Look for consistent sucking.
- Listen for swallowing (after milk comes in).

