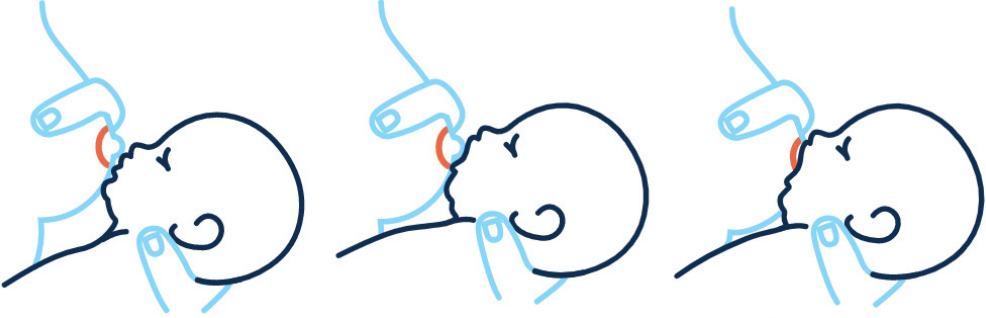


What makes a good latch?

A good latch is one that feels comfortable for the mom, and results in milk flow and a satisfied baby. This is one of your first learning experiences as a pair, so be patient with yourself and your baby.

One of the best ways to start any latch is by sitting in a comfortable, reclined position [skin-to-skin](#) with your baby. Offer the breast at early signs of hunger such as rooting, squirming, smacking lips or tongue, or sucking on their hands. Choose a position for your baby where the front of their body is in contact with your body, and their neck, shoulders, and hips are lined up.

Here are a few steps for working with your baby to get a good latch and what to do if the latch does not feel right or if you can't tell if your infant is swallowing or not swallowing.



Steps to a good latch		
Tickle your baby's lips with your nipple. This will help baby open their mouth wide.	Aim your nipple just above your baby's top lip. Make sure your baby's chin isn't tucked into their chest.	Aim your baby's lower lip away from the base of your nipple. Baby's lips should be turned outward like a fish. Your baby should lead into the breast chin first and then latch onto your breast. Your baby's tongue should be extended, and your breast should fill your baby's mouth.
If your baby latches just on the tip of your nipple or it is painful for more than a few seconds, gently put a clean finger in your baby's mouth to break the latch, then try again.		

If you feel like your baby is resisting latching, relax and reset with skin-to-skin time and wait a minute until your baby calms and shows hunger cues again. Be aware of any positions your infant resists and try something different to help them do what they are trying to do to get comfortable.

Video resources by Global Health Media:

[Breastfeeding Attachment](#)

[Positions for Breastfeeding](#)



24-Hour Breastfeeding Hotline
1-800-833-4642

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