

How to Position and Latch Your Baby

Positioning Yourself:

- Choose a comfortable place to sit
- Use pillows to support your back, arms and relax your shoulders
- Use a foot stool if needed to keep feet supported

Positioning Your Baby (Cross Cradle):



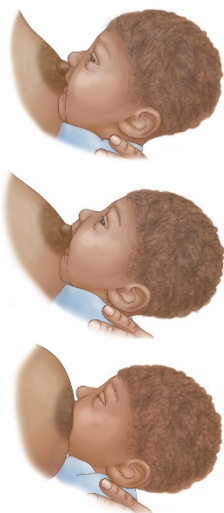
- Place your baby's whole body from head to toe facing your body
- Position your baby so she looks like she is sniffing your nipple
- Use your arm to support baby's back and bottom
- Use the palm of your hand to support baby's shoulder blades
- Use your thumb and pointer finger to cradle baby's neck and back of her head
- Use pillows and blankets to support your wrists, arms, and back

Positioning Your Baby (Football/Clutch):



- Place a pillow vertically behind your back. This will move your body forward and create more space for baby's legs
- Position your baby so he looks like he is sniffing your nipple. He can be almost sitting up or he can be on his side. Either way his body should be tucked in by your side
- Use your arm to support baby's back and bottom
- Use the palm of your hand to support baby's shoulder blades
- Use your thumb and pointer finger to cradle baby's neck and back of her head
- Use pillows and blankets to support your wrists, arms, and back

Latching On:



- Make a "nipple sandwich" by gently compressing the breast right behind the areola (the darker part of the breast that surrounds the nipple)
- Place your thumb near where baby's nose will be once on the breast. Place your other fingers underneath the breast leaving plenty of room for baby's chin
- Tickle your baby's lips with your nipple to encourage him to open wide
- Use the palm of your hand on your baby's shoulder blades to bring baby quickly to the breast when his mouth is open
- His chin should touch the breast first and your nipple should aim towards the roof of his mouth
- Once latched, your baby's chin should be deep into the breast and his nose barely touching
- You may feel mild discomfort when baby first gets latched, but this should not last more than a minute or so
- Continue to support your breast during feeding. This helps remove weight from your baby's chin and helps him feed better
- You can also use the fingers on the hand supporting your breast to press down and then release to help baby get more milk
- If latch is difficult or painful, please contact the Breastfeeding and Pumping Helpline at (816) 346-1309

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