

# TIPS FOR A PROPER LATCH

## PRE-FEEDING

1. Skin to skin- begin skin and skin prior to feeding.
2. Make sure mom and baby are calm.
3. What state is the baby in? deep/light sleep, quiet/active alert, or crying.
4. Check for feeding cues- hand to mouth, rooting, suckling, climbing, rapid eye movement.

## DURING LATCH-ON

1. Position baby turned towards you.
  2. Make sure shoulder and hips are aligned.
  3. Baby's arms/hands around breast.
  4. Nose opposite the nipple to start.
  5. Non-crying Gape response- is baby showing a desire to latch, opening mouth when close to breast?
  6. Baby's head can tilt back.
  7. Bottom lip and tongue reach breast first.
- \*If baby starts crying, go back to skin to skin to calm baby.



## DURING FEEDING

1. Nose and chin are close to breast.
2. 140-degree angle of the mouth.
3. Make sure baby's top and bottom lip creates a seal around the nipple.
4. Baby's cheeks are rounded.
5. Baby's jaw is a rocker motion from lips to ear.
6. Suck swallow is a slow movement 2:1 or 1:1.
7. Mother is comfortable.

## POST-FEEDING

1. Baby releases nipple spontaneously.
2. Baby and hands/feet are relaxed.
3. Check mother's nipples to make sure they're similar in shape to pre-feeding size.

## Consider the following:

- If pain was present, does the pain level change when there is a change in the baby's position?
- How is the position of the baby's head while latching?
- Which nursing position allows for less painful latch?

\*If you experience pain, break the latch, and try again.

**Any pain experienced should always be thoroughly assessed by a local qualified healthcare provider, IBCLC, and CLC. Careful assessment and feeding exams are possible and recommended.**

