



B.R.E.A.S.T. 101

Latching

Latching is vital for establishing feeding at the breast, and it does not always come easy to parent and baby. We asked local breastfeeding/chestfeeding individuals to share their insight/experience on latching.

GOOD LATCH LOOKS LIKE

- ✓ BABY'S TOP & BOTTOM LIP ARE BOTH FLARED OUT
- ✓ MORE THAN JUST NIPPLE IN BABY'S MOUTH
- ✓ BABY'S MOUTH MOVES AS THEY TRANSFER MILK

GOOD LATCH FEELS LIKE

- ✓ GENTLE TUG, NOT PAINFUL
- ✓ NO PINCHING OR CLAMPING BY BABY'S MOUTH

GOOD LATCH SOUNDS LIKE

- ✓ DEEP GULPS AND NO CLICKING

ENCOURAGE A NEWBORN TO LATCH

- ✓ RE-LATCH AS NEEDED
- ✓ RUN NIPPLE DOWN BABY'S BOTTOM LIP TO ENCOURAGE TO OPEN WIDE
- ✓ SQUEEZE BREAST TO FLATTEN IT TO GET A DEEP LATCH
- ✓ ASK FOR HELP! WORK WITH A LACTATION CONSULTANT

HELPFUL RESOURCES

- ✓ OTHER BREASTFEEDING OR CHESTFEEDING INDIVIDUALS
- ✓ VIDEOS/VISUALS
- ✓ LACTATION CONSULTANTS
- ✓ SUPPORT GROUPS

WHEN DO I NEED A NIPPLE SHIELD?

- ✓ FLAT OR INVERTED NIPPLES
- ✓ BABY IS STRUGGLING WITH NIPPLE CONFUSION
- ✓ ENGORGEMENT CAUSES FLAT NIPPLES
- ✓ WHEN ADVISED TO DO SO BY A LACTATION CONSULTANT

ADVICE FOR LARGER BREASTS

- ✓ LAY BACK WHILE NURSING
- ✓ FOOTBALL HOLD
- ✓ ROLLED TOWEL UNDER BREAST TO LIFT IT
- ✓ MAKE SURE TO SUPPORT BOTH BREAST AND BABY

REMEDIES FOR PAIN

- ✓ WARM COMPRESS
- ✓ ICE PACKS/COLD GEL PACKS
- ✓ CHANGE POSITIONS
- ✓ NIPPLE CREAM/LANOLIN
- ✓ LATCH ASSESSED
- ✓ BABY CHECKED FOR TONGUE/LIP TIES