Getting Your Baby to Latch On

Tips:

- The baby’s chin is pressed up against the breast. Both of the baby’s lips are curled out wide, not tucked in.
- Cheeks are round.
- You do not feel pain while breastfeeding. You will need to adjust positions if your nipples feel sore or in pain while your baby is latched on.
- You can hear a suckling noise and see the baby swallowing.

Advice for getting a good latch:

- Hold your baby close and get into a comfortable position.
- Line up your baby’s nose with your nipple.
- Let the baby’s head tilt back and suck onto your nipple with a wide open mouth.