



Women's Health

Latch

More specifics on breastfeeding

How do I latch my baby to my breast?

- Hold your baby close with your baby's tummy facing your tummy.
- Brush your baby's lips lightly with your nipple to help open his/her mouth wide.
- Bring your baby to your breast when their mouth opens wide; their chin should touch the breast first.
- Your baby should latch around the areola, not just the nipple.
- Upper and lower lips should be flared out.
- If it hurts, your baby may not have enough breast in his/her mouth.
- Insert your finger between his/her jaws to break the suction and then try again.
- Your baby will eat eight to 12 times in 24 hours and cluster several feedings together. Small, frequent feedings in the first few days will help establish your milk production for the following days/weeks. At times, your baby may eat as frequently as every hour; this is normal.

How to know your baby is getting enough to eat

Nurse your baby until he/she shows signs of being full, such as:

- Self-detaches (lets go of your nipple).
- Starts sucking less.
- Becomes sleepy and relaxes his/her body (opens fists, relaxes forehead).
- Your baby has wet and dirty diapers.
- Your baby is content between most feedings.
- Expect your baby to lose weight in the first few days –it is normal as your baby loses the extra fluid from delivery and birth.



This handout does not take the place of a discussion with your provider. Discuss any questions or concerns you may have with your provider.

Women's and Infant Services
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