

Module 3A– “All about latch – say no to pain”

Teaching point: Good latch feels good.

Teaching materials:

1. Video on latch from Globalhealth Media
2. Breastfeeding positions handout in the WIC booklet page 3
3. How to get LATCH in the WIC booklet pages 4-5
(or <https://wicbreastfeeding.fns.usda.gov/steps-and-signs-good-latch/>)

Teaching Plan:

1. Watch the video with your client. Talk with her about it and see what she thinks.
2. Help her find the WIC booklet picture of breastfeeding positions in her folder. (If your client has a soft doll, practice how to hold a baby for good latch).
3. Do a “teach back”- Ask, “what stuck in your mind most today from what we looked at together?”

Resource for latch video:

TinyURL: <https://bit.ly/BFlatch> OR

Website: <https://globalhealthmedia.org/videos/attaching-your-baby-at-the-breast/>

