

Module 3A – All about latch – say no to pain.

What I learn: Good latch feels good.

What I have to help me:

1. DVD on latch
2. Breastfeeding positions handout in the WIC booklet page 1
3. How to get LATCH in the WIC booklet page 2
4. Step-by-step LATCH sheet

What I can do to get ready for baby:

1. Watch the DVD again.
2. Take a soft baby doll and practice how to hold a baby for breastfeeding
3. Review good latch- look at the sheets in my folder for tips.

Resource for latch video:

YouTube: <http://www.wonderhowto.com/how-to-find-comfortable-latch-position-breastfeeding-214188/> OR <http://www.youtube.com/watch?v=6Hdhiii573A> OR

Website: <http://www.ameda.com/resources/video>