

Helping Your Baby Latch-on

Most babies will latch-on well with your help. Be sure to watch for hunger signs and **feed your baby before he starts crying**, usually every 1½ to 3 hours. A newborn baby may want to eat more often.



Hands to mouth

Signs of hunger are:

- ♥ Smacking lips or sucking sounds
- ♥ Bringing one or both hands to mouth
- ♥ Moving head from side to side
- ♥ Making faces like he is going to cry
- ♥ Fussing sounds
- ♥ Crying

How To Help Baby Latch On



Wide Open Mouth

- ♥ Hold your baby close with his knees pointed at you.
- ♥ Hold your breast with your hand in a C or U shape. Your nipple should point at baby's nose.
- ♥ Gently stroke his lips with your nipple.
- ♥ When your baby opens his mouth wide bring the baby gently and quickly on to your breast.
- ♥ Baby's chin should come towards the breast first when latching baby on.



Cheeks Touching Breast

- ♥ Your breast and nipple go deep into his mouth. The tip of your nipple should touch the soft part of the roof of baby's mouth way at the back.
- ♥ Baby's cheeks should touch your breast, hiding his mouth and lips.
- ♥ Baby's lips, if you could see them, are folded out and his chin is tucked in close to your breast.
- ♥ Let your baby feed as long as he wants. He will let go of your breast when he is full.
- ♥ Relax. Do not watch the clock.



Lips Folded Out

Your nipple should be a round shape after breastfeeding, not flat or pinched looking.