

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

**What I learn:** Good latch feels good.

### What I have to help me:

1. A video on latch
2. Breastfeeding positions handout in the WIC booklet page 3
3. Step by step how to get LATCH in the WIC booklet pages 4-5  
(or <https://wicbreastfeeding.fns.usda.gov/steps-and-signs-good-latch> )

### What I can do to get ready for baby:

1. Watch the video (even the first 2-3 minutes helps if time is short).
2. Take a soft baby doll and practice how to hold a baby for breastfeeding
3. Review good latch- look at the WIC brochure.

### Resource for latch video:

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

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

