



Western Upper Peninsula  
Health Department

# BREASTFEEDING

*The quarterly newsletter for breastfeeding information*



## STEPS & SIGNS TO ACHIEVE A GOOD LATCH

*One of the most important things when it comes to breastfeeding is making sure that your baby has a good latch. In this newsletter we will talk about what that looks like and what the signs are of having a good latch.*

Having a good latch is key in your breastfeeding journey. Without it, breastfeeding may be painful for you, and not effective for baby. Usually one of the first things you will be asked if experiencing pain while nursing, is how baby is latching.

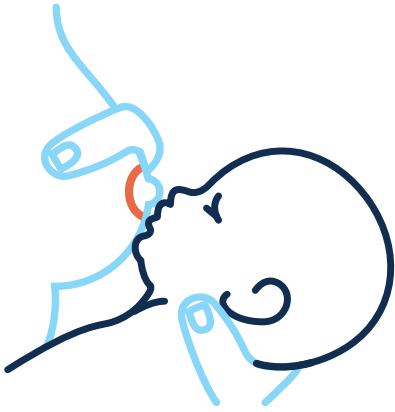
### ***Signs of a Good Latch***

- **Comfortable and pain free.**
- **Your baby's chest and stomach rest against your body, so that baby's head is straight, not turned to the side.**
- **Your baby's chin touches your breast.**
- **Your baby's mouth opens wide around your breast, not just the nipple.**
- **Your baby's lips turn out.**
- **Your baby's tongue cups under your breast.**
- **You hear or see swallowing.**
- **Your baby's ears move slightly.**

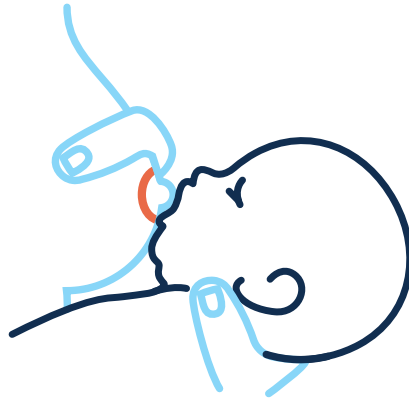
### **ALSO IN THIS ISSUE:**

Correct Latch - 2  
Troubleshooting - 2

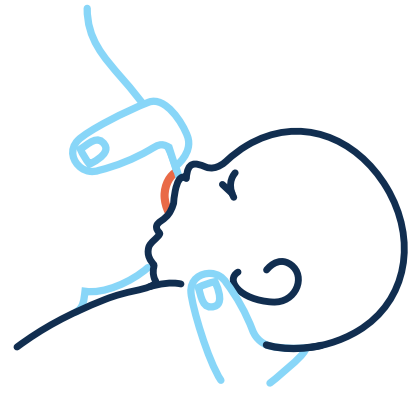
*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person*



**Tickle your baby's lips with your nipple. This will help baby open their mouth wide.**



**Aim your nipple just above your baby's top lip. Make sure your baby's chin isn't tucked into their chest.**



**Aim your baby's lower lip away from the base of your nipple. Baby's lips should be turned outward. Your baby should lead into the breast chin first and then latch onto your breast. Your baby's tongue should be extended, and your breast should fill your baby's mouth.**



***Here are some tips if you are having trouble getting baby to latch, try:***

- Moving to a quiet, calm place.
- Holding your baby skin to skin against your chest.
- Letting your baby lead. Support your baby's neck, shoulders, and hips with your hands. Offer your breast, but let your baby find your nipple on their own.

Getting a good latch takes practice, for you and your baby. But once developed, a good latch will be more comfortable for you and it will help your baby get the most milk.

*If you are finding it too painful to breastfeed call your doctor or contact your local WIC agency.*



*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person*