



How do I attach my baby to my breast?

If you are using the laid back position, allow your baby to latch on when he is ready. If you are using a different position, you will control the attachment more than your baby.

Follow these tips

1

Hold your baby so that his nose is in line with your nipple. Touch your baby's nose and upper lip with your nipple.

2

Wait until his mouth opens very wide.

3

Quickly bring the baby onto your nipple and breast so that his chin touches your breast first and he gets a large mouthful of nipple and breast.

4

If you feel painful tugging or pinching, slide your finger into the corner of his mouth to break the suction and try again. It may take a few tries to get a good, comfortable latch.

You can tell your baby is attached well if:

- You are not feeling sharp pain. Gentle tugging is normal.
- Both of your baby's lips are flipped out, not pulled in.
- More of the bottom of your areola (the dark area around nipple) is in the baby's mouth than the top.
- His chin is buried in your breast with his nose tipped away slightly or lightly touching.
- His mouth is as wide open as a yawn.

After the first two days, you may also:

- Hear your baby swallow; or
- See milk leaking from your baby's mouth or your other breast.

Your nipple should look the same coming out of your baby's mouth as it did going in. If your nipple looks pinched when it first comes out of your baby's mouth, your baby is not attaching well. About half of all babies don't attach well on the first day. Ask for help right away and be patient. It may take a few days for you and your baby to learn the art of breastfeeding.