



How do I know my baby is attached properly?

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Position of Mother

Mum needs to be comfortable either sitting or lying down.

Position of Baby

In order for baby to obtain a good latch at the breast there are four main principles which need to be followed;

- The baby's head and body should be in a straight line.
- The mother should hold the baby's body close to hers.
- The baby should face the breast, with his nose opposite the nipple.
- The position should be sustainable for both mother and baby.



How Baby Latches Onto The Breast

Mum adjusts baby's body so it is facing hers (not turned or twisted), with feet, hips, and shoulders in a straight line, and pressed firmly against mum with no gaps.



Mum aligns baby so that baby's nose is in line with mums nipple.
Mum supports baby's neck.



Mum lets baby's head tilt back a bit.
(Avoiding pushing on the back of baby's head.)
Mum waits for the baby to open his mouth wide



Mum moves baby quickly towards the breast leading with the baby's chin. Mum aims for baby's bottom lip to touch the breast well away from the base of the nipple and aims the nipple towards the roof of the baby's mouth. As baby lunges for the breast, mum gives a gentle but firm push on the back of baby's shoulders.



Baby is now latched on to the breast.



If mum experiences pain, mum brakes the suction and takes baby off the breast by gently slipping her little finger into the corner of baby's mouth.

Signs of Good Attachment

Wide open mouth

If seen, more of areola visible above top lip than below bottom lip

Rounded cheeks

Chin indenting the breast

Rapid sucks initially turning to slow deep sucks with swallows

Contented baby who stays on breast

No pain for the mother



Examples of Common Positions for Breastfeeding



Picture: www.ameda.com

Cradle



Picture: www.breastfeeding.com

Rugby hold



Picture: www.breastfeeding.com

Saddle



Picture: www.ameda.com

Cross cradle



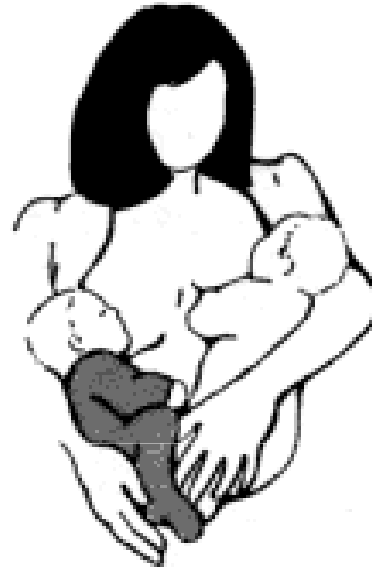
Picture: www.ameda.com

Lying Down

As babies mature and become more experienced feeders they may develop their own positions



Examples of Breastfeeding Positions for Twins



The Importance of Good Positioning and Attachment



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