



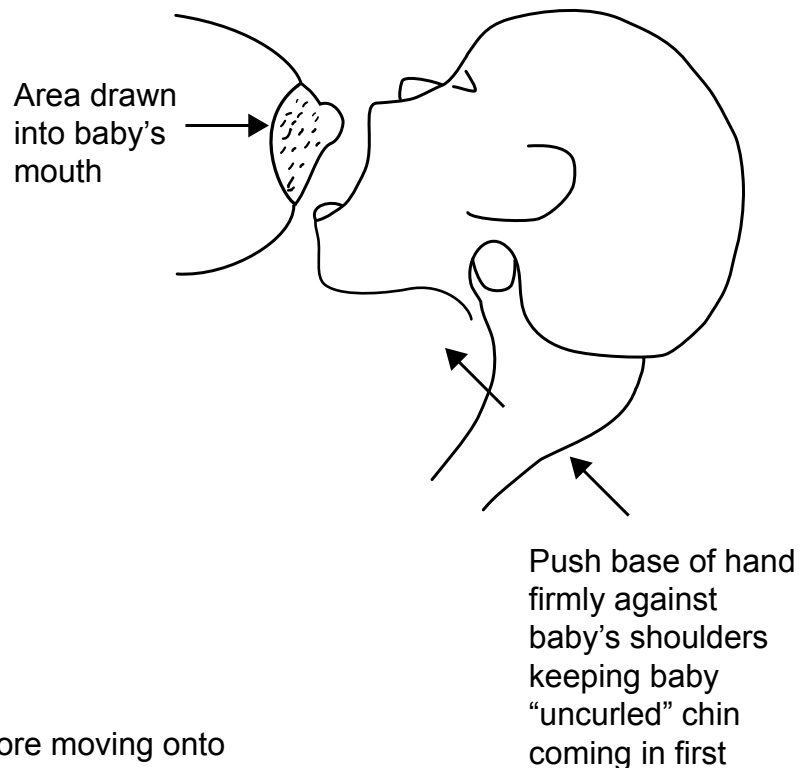
Latching

Preparing to Latch:

- * Point your nipple towards your baby's nostrils or upper lip.
- * Hold baby around base of neck and shoulders.
- * Support your baby's head, tilting it back slightly (try not to push baby's face in against breast).
- * Wrap your baby's body and legs around your body.

Latching Baby on:

- * When MOUTH WIDE OPEN, quickly move baby onto breast with the base of your hand on baby's neck and shoulders. The chin and lower jaw should touch breast first.
- * Watch lower lip—aim it as far from base of nipple as possible, so tongue draws LOTS OF BREAST in mouth.
- * Move baby's body and head together, keeping baby "uncurled".
- * Once latched, top lip will be close to nipple, and some areola will show above the top lip. Keep baby's chin close to breast.



Wide Mouth:

- * The baby needs to have a WIDE MOUTH before moving onto the breast.
- * Teach baby to open wide:
 - Move baby toward breast, touch top lip against nipple.
 - Move mouth away SLIGHTLY.
 - Touch top lip against nipple again.
 - Move mouth away again.
 - Repeat until baby opens wide and has tongue forward.