



Getting Your Baby to Latch On

Tips:



The baby's chin is pressed up against the breast.
Both of the baby's lips are curled out wide, not tucked in.



Cheeks are round.



You do not feel pain while breastfeeding. You will need to adjust positions if your nipples feel sore or in pain while your baby is latched on.






You can hear a suckling noise and see the baby swallowing.

Advice for getting a good latch:

- Hold your baby close and get into a comfortable position.
- Line up your baby's nose with your nipple.
- Let the baby's head tilt back and suck onto your nipple with a wide open mouth.

For breastfeeding support call Eisner Health's Lactation Warmline at **(213) 905-2273**.



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