



# PAINFUL LATCH? CRACKED AND BLEEDING NIPPLES? *Do a Latch Check!*

Learning to latch your baby is important and requires you both to learn a new skill. Here is a self assessment to determine if you're on the right track!

## STEP ONE: KEEP IT ERGONOMICAL!

Keep your baby belly-to-belly to you (think starfish stuck to the side of a fish tank) and high enough so that you do not have to lean over toward your baby. A firm pillow can be very helpful to insure your baby is high enough to latch to the breast comfortably.

## STEP TWO: NOSE TO NIPPLE AND BE PATIENT!

Now that your baby is in a comfy position, place your nipple by your baby's nose and wait for him or her to open wide. Once you see a wide open mouth, allow baby to latch onto the breast - leading with baby's chin.

## STEP THREE: CHECK THE LATCH! (YOU SHOULD BE ABLE TO ANSWER 'YES' TO ALL OF THESE QUESTIONS.)

- Is the latch comfortable? If not, unlatch and try again.
- Is your baby's chin closer to the breast than his or her nose? Lips flanged out like a fish?
- Are your baby's ear, shoulder, and hip in a straight line? Is his or her belly close to your body?
- Can you hear your baby swallowing? Listen for a whispered "Kuh" sound after every 3 sucks

*Still having trouble? Give us a call!*