



Check List for Essentials of Positioning And Latch

Positioning

- ✓ Tuck baby close to mom with back straight.
- ✓ Use pillow to support baby's bottom.
- ✓ Hold head behind ears, baby's head slightly extended.
- ✓ Line up baby's nose with nipple.



Check the latch

- ✓ Look for flanged lips, open mouth to 140°.
- ✓ Ensure no pain, no wedged or creased nipple.
- ✓ Check that chin is touching breast, asymmetrical latch.

Offer the breast

- ✓ Line your fingers up with baby's lips, ensuring a large portion of your breast is offered to the baby.
- ✓ Use sandwich hold (squeeze areola gently).
- ✓ Aim your nipple between baby's nose and top lip.
- ✓ Place baby's lower lip on the breast, about 1 inch below the nipple.
- ✓ Bring baby to breast, not breast to baby, quickly, chin first.



Assess milk transfer

- ✓ Watch for wide jaw movements.
- ✓ Look for consistent sucking.
- ✓ Listen for swallowing (after milk comes in).

