



Breastfeeding Committee for Saskatchewan

www.thebcs.ca

Important:

A good latch is one where baby swallows milk well, and you are not having any pain.

See a lactation consultant if you are having pain with latching, or baby is not gaining weight well.

For further information contact:

Local Public Health Nurse

International Board Certified
Lactation Consultant (IBCLC)

Local breastfeeding support
Group

Saskatchewan HealthLine 811

Latch and Positioning for Breastfeeding

There is no right or wrong way to breastfeed: If your baby is drinking well and you are comfortable, the two of you have found a perfect position! A deep latch of baby to breast is important to help your baby get enough milk and to prevent sore nipples. Some babies can latch themselves while others need your gentle guidance. Remember that breastfeeding should not be painful.

Tips for Latching:

- Most important is for mom to be in a comfortable/relaxed position.
- Bring baby to breast, rather than breast to baby. Hold baby close and facing you with their nose facing your nipple.
- Babies find the breast by smell and feel. Allow baby to touch and explore rather than trying to keep his hands "out of the way". Babies use their hands to shape your breast for a comfortable latch.
- Aiming your nipple to baby's nose, will help baby reach up to take a large mouthful of areola.

Signs of a good latch: If you can hear or see frequent swallows and your nipples don't hurt, the latch is perfect!

Some examples:



"Laid back" or "biological" nursing position:

This reclined or semi-reclined position with baby on top of mom is a position of maximum comfort, which allows baby to explore natural instincts to breastfeed. It is useful for babies who have never latched, can't maintain their latch, or when upright positions are causing nipples to hurt. It can help mom get more rest.



"Cross -Cradle"

This position is when mom has one arm supporting baby's back and supports the baby's head on her hand. Mom supports with one arm, and holds baby to her other breast such as right arm supports baby to left breast. This works particularly well for babies learning to breastfeed, premature babies, and babies having difficulty with breastfeeding. It's important to support baby's head in a way that allows them to reach up.

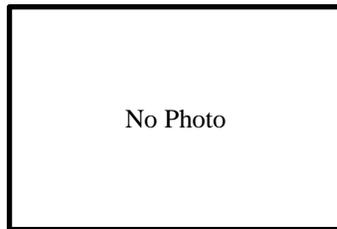


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“Clutch or Football hold” This position is similar to the cross cradle hold, but holds baby under mom’s arm against her side with the same arm and breast such as right arm to go on right breast. Mother’s who have large breasts, or with babies born by Cesaarean section may like this position but you can try it anytime.



“Side-lying” This position is when mom lies on her side and feeds baby. If particularly if it is painful to sit, if baby was born by cesarean, or if your breasts are heavy. Or try if you need more rest.



“Cradle” This position is similar to cross-cradle, however baby’s head rests on the mom’s forearm. This is a relaxing position, especially for babies who latch easily and don’t need guiding to the breast.

This wonderful video shows many options for positioning your baby with simple, easy-to-follow steps.

<https://globalhealthmedia.org/portfolio-items/positions-for-breastfeeding/?portfolioCats=191%2C94%2C13%2C23%2C65>

