



Positioning and Latch Checklist



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1. Position Your Baby

- Get comfortable; rest against a chair or put pillows behind your back
- Bring baby to the center of your chest
- Press baby's hip and chest against your body
- Leave enough space to let baby move their head toward your breast
- Cradle baby with the same arm as the breast they are leaning toward (left breast = cuddle with your left arm)
- Allow baby to angle their head back to press their chin into your breast
- Use a scissor hold to support your breast and position your nipple slightly upward
- Bring baby's chin to your breast with baby's nose close to your nipple; this helps baby open their mouth wide and get a good latch
- You can use a pillow under your arm to raise baby to breast, if needed; use pillows to support your arm, not baby

2. Offer Your Breast

- Bring baby to your breast, not your breast to baby; *this helps baby achieve a deeper latch*
- Move quickly once baby opens their mouth wide; bring baby onto you breast, chin first
- Place your fingers in line with baby's lips, ensuring a large portion of your breast is offered to baby
- Use the "sandwich hold" by gently squeezing your areola to make it easier for baby to latch
- Aim your nipple between baby's nose and top lip, allowing baby to take a big mouthful of your breast
- Place baby's lower lip on your breast about 1 inch below your nipple

3. Check Baby's Latch

- Baby's lips should be flanged outward, like a fish, and their mouth should be open to about 140°
- Baby's chin should be touching your breast, and their nose should be free
- The latch should be asymmetrical, with more of the areola visible above baby's top lip and less below the bottom lip
- Ensure that there is no pain or discomfort during breastfeeding; if there is, break the latch by gently inserting a clean finger into the corner of baby's mouth and try again
- Your nipple should not be creased or pinched when baby unlatches

4. Notice Milk Transfer

- Watch for wide and rhythmic jaw movements as baby sucks
- Look for consistent sucking patterns, with short pauses for baby to swallow
- After your milk comes in (usually a few days after birth), you should be able to hear baby swallowing as they feed
- Baby should seem satisfied after feeding and show signs of weight gain over time



Remember, a proper latch is essential for successful breastfeeding



If you experience any difficulties with positioning or latch, **don't hesitate** to reach out to your IBCLC or other healthcare professional for guidance and support