

BREASTFEEDING YOUR BABY

Babies have a natural instinct to latch. The most important thing is to be patient, let them discover the breast and find their own way to draw the nipple into their mouths. Do not try to latch the baby if she/he is upset. Above all do not try to force the breast into the baby's mouth and hold the baby's head against the breast if they are fussing. They will not latch correctly and may start refusing the breast. If baby is fussing or crying, take a break, hold baby up on your chest, rub their backs gently, talk to them and wait till they are calm before trying again.

Letting baby find their own way to latch when they are calm will usually result in a better latch. Remember just because the nipple is in the mouth does not mean it is a correct latch. Do not continue nursing if it is hurting past the first 30 seconds or so. Take the baby off the breast, carefully breaking the suction and latch again. Breastfeeding should be comfortable, it should not pinch or hurt.

Points for achieving a good latch:

- Hug baby close to your body with the your forearm
- Mother's hand gently supporting shoulders and base of neck
- Head supported but NOT pushed in against breast
- Head tilted back slightly
- Use your whole arm to bring baby into the breast, when mouth wide
- The nipple will be pointing to the top of his/her mouth
- Chin and lower jaw touch breast first
- Keep chin close against breast or rest breast on baby's cheek
- Be patient, wait until baby turns to find the nipple and opens wide
- While mouth wide open, guide nipple into mouth if necessary
- Occasionally you may need to stroke the baby's lip with your nipple, until baby opens wide.

WATCH LOWER LIP, *aim it at the base of nipple*, so tongue draws lots of breast into mouth. When correctly positioned lips will be flanged out.

Remember: Baby leads – Mother helps