



Check List for Essentials of Positioning And Latch-on

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



Offer the breast

- ✓ Line your fingers up with baby's lips, behind the areola
- ✓ Use sandwich hold (squeeze areola gently)
- ✓ Aim your nipple between baby's nose and top lip
- ✓ Place baby's lower lip on lower edge of areola
- ✓ Bring baby to breast, not breast to baby, quickly, chin first



Check the latch-on

- ✓ Look for flanged lips, open mouth to 140°
- ✓ Place most of areola in baby's mouth
- ✓ Ensure no pain, no wedged or creased nipple
- ✓ Check that chin is touching breast, asymmetrical latch-on

Assess milk transfer

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

