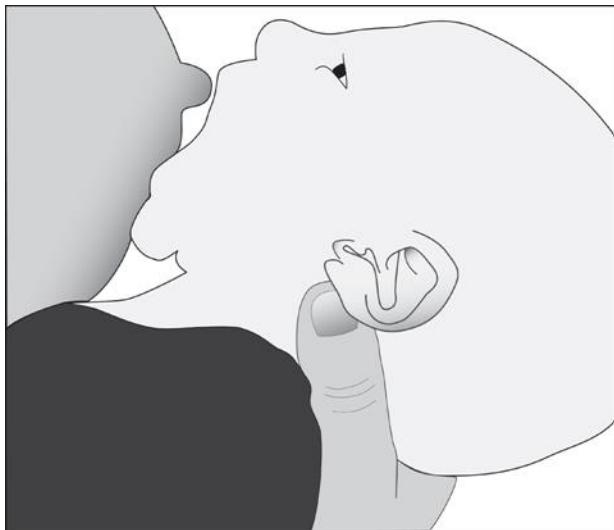


Newborn Latch

Your newborn is hard-wired with breastfeeding skills (just like all mammals) and mothers learn how to trigger the reflexes (root, gape, latch, suckle) that result in effective, comfortable breastfeeding.

STEP 1 -- Place your baby **on** you such that she touches you from chin to knee. One arm each side of the breast as if hugging it. Her bottom will be under your opposite breast. **DON'T SKIP THIS STEP** as this position signals baby to begin searching for the nipple.

STEP 2 -- Your baby has a reflex to open very wide in order to breastfeed effectively and this reflex is triggered when your baby's chin touches your breast. See illustration. His head will need to be tipped back slightly. You can control her head position with your fingers supporting her lower cheek. Avoid pushing your thumb into her top cheek as she will turn toward this pressure and away from your breast. *Google "Baby Knows How to Latch On Video" and "Attaching Your Baby at Breast."*



Please shape your breast with your fingers alongside her lips. If baby is in a cross-cradle position then your fingers will be vertical, not horizontal (**U, not C**). In cross-cradle, push your thumb into your breast to tip your nipple toward baby's nose. Your nipple will end up deeper in baby's mouth. *Google "kellymom.com Latching and Positioning".*

Step 3 -- Push quickly and firmly on your baby's shoulders with the heel of your hand. Do not push on her head as this will drive her nose into the breast! The touch of your nipple to her palate triggers her to suckle. If the nipple does not reach this spot she will pull away and continue rooting (searching for a nipple) or do nothing at all. **Recline a little** and let gravity help keep your baby snugly against you.

Step 4 -- Watch for swallowing. A swallow is a longer, slower movement of the lower jaw and is almost always followed by an audible exhale from the nostrils "kuh". *Google "Global Health Media Is Your Baby Getting Enough Milk" for an excellent video illustrating suckling versus feeding.*