



How to Attach your Baby to the Breast

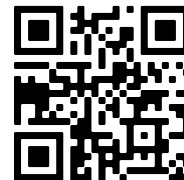
Attaching your baby to the breast is a skill that you will both be learning! In the first 'golden hour' baby will be very interested in starting to suckle at the breast. We encourage you to keep baby skin to skin and allow them to feed whenever possible.

Attaching or latching is most successful when baby opens their mouth very wide so that your nipple goes deep into baby's mouth. A shallow latch can feel painful or pinching. It helps to make a 'sandwich' with one hand while bringing baby to the nipple.

Good positions for feeding a young baby include laid back feeding, cross-cradle or football / underarm holds. The video below has an excellent review of each.



Baby is well latched onto the breast.



<https://globalhealthmedia.org/videos/attaching-your-baby-at-the-breast/>



<https://www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/breastfeeding/learning-latch>

<https://www.lllc.ca/sites/default/files/Positioning and latching.pdf>