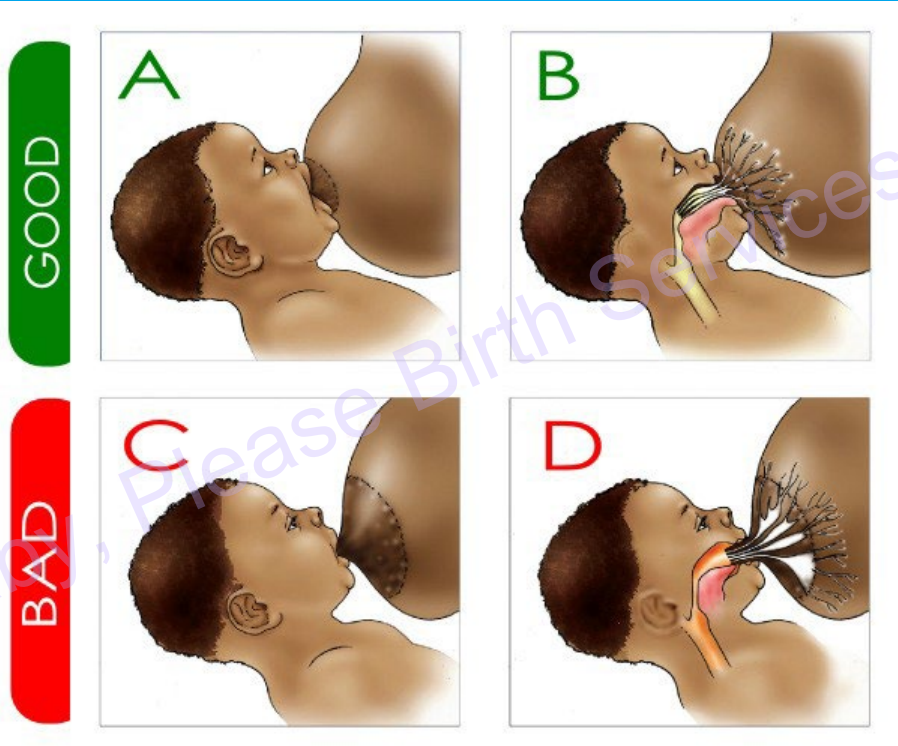


Proper latch is the key to pain-free and efficient breastfeeding



# SIGNS OF A GOOD LATCH

BABY SHOULD TRANSFER PLENTY OF  
MILK

## Signs of correct latch



# SIGNS OF A GOOD LATCH:

<p><b>Proper breastfeeding baby latch</b></p> <p><b>Sign no. 1</b></p> <p><b>Flanged lips the fish mouth</b></p> <p>As shown, both the upper and the lower lips of your breastfed baby are flanged outwards like the fish mouth.</p> <p>You can see the inner pinky color of his lip while latching which is a good sign of tight seal</p> 	<p><b>Proper breastfeeding baby latch</b></p> <p><b>Sign no. 2</b></p> <p><b>Mouthful of areola for a deep latch</b></p> <p>30% of areola is outside your baby's mouth</p> <p>70% of areola is inside your baby's mouth</p> <p>Baby's mouth</p> 
---	---

**Correct baby latch starts with Wide Mouth Opening**



**Narrow opening**  
Shallow (bad) latch

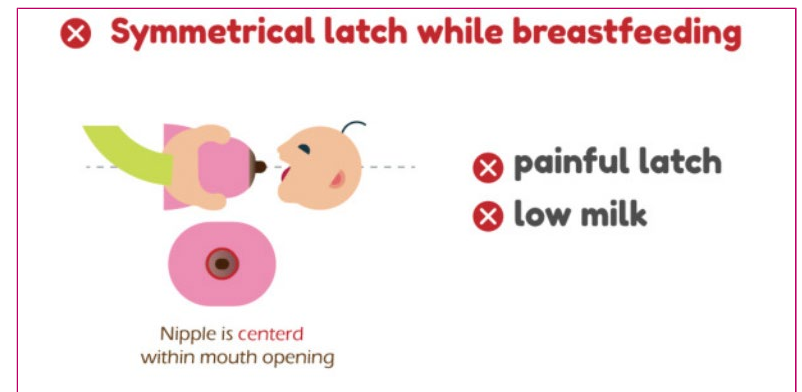
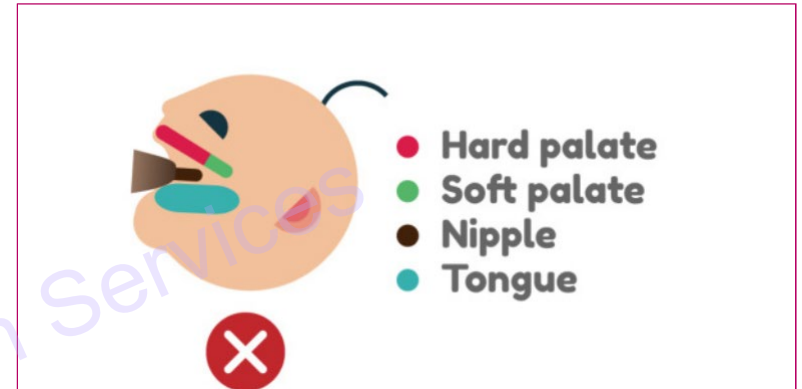
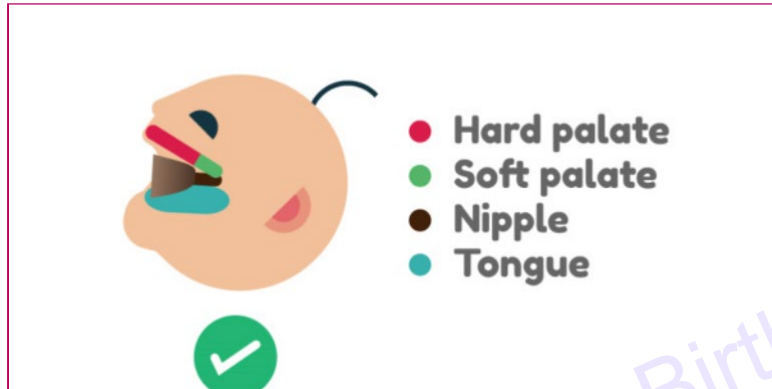
**Wide opening**  
Deep (good) latch

**How to unlatch a baby from breast**



Use your pinky finger to break the seal between baby's mouth and breast

## A GOOD vs. BAD LATCH:



# SIGNS OF A BAD LATCH

TIME TO TRY AGAIN

## Proper breastfeeding baby latch Signs of **incorrect** latch



### Milk leakage

Weak seal is formed between baby lips and your areola



### Clicking sounds

Air swallowing due to the seal is not tight

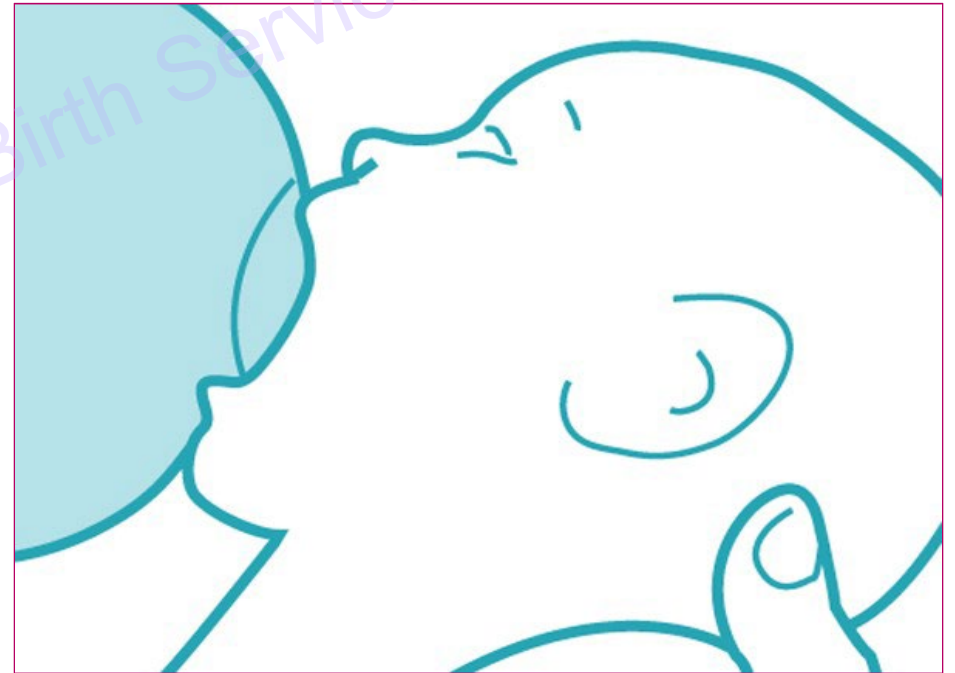


### No swallowing sounds

Sucking but no milk is gained due to poor latch

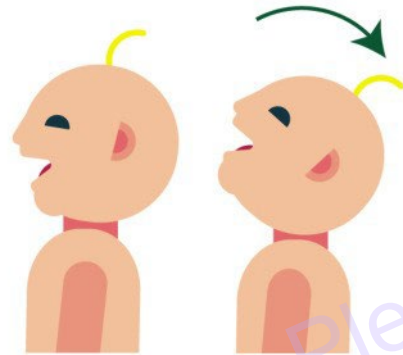
# SO HOW DO WE LATCH WELL?

GAPE MOUTH and HEAD TILT



## FREE HEAD MOVEMENT FOR BABY IS KEY!

### How to wide mouth opening Baby's head is free



In any breastfeeding position, make sure that his head is free to move backward to get the wide/deep latch

### How to wide mouth opening Baby's head support

#### Don't

Support his head with your whole palm



#### Do

Support his neck and the lower part of his head using 2 fingers "C shape"



*Happy Breastfeeding Journey*

*Please join us for 'low-cost' breastfeeding circles at The Birth Center of NJ and/or hire one of our lactation specialists for private support in your home.*

*[www.babypleasebirthservices.com](http://www.babypleasebirthservices.com)*

