

# Breastfeeding

## Latching on

### IMPORTANT

• If your baby is drinking well and thriving and your nipples are comfortable, you have a good latch and don't need to try this technique.

• This technique may be helpful if you are having difficulty latching the baby on or if your nipples have become cracked and sore.

### “Nipple Sandwich” Method

- Support the breast with the thumb on top and four fingers underneath the breast. Ensure that your thumb and fingers are well back from the nipple (Step 1).
- You may find it helpful to gently squeeze the fingers and thumb together slightly so that there is a narrower part for the baby to latch on to (Step 2).
- The mother then pushes her hand in towards the chest wall or ribs. This helps the nipple protrude further (Step 3).
- Finally, the mother pushes up with her thumb more than her fingers. This makes the nipple point slightly upward toward the roof of the baby's mouth (Step 4).
- Encourage your baby to open wide by tickling the baby's upper lip with your breast. Wait for the baby to open his/her mouth as if yawning. Pull the baby in close to take the breast. The chin should touch the breast first and the mother can roll the underside of the areola into the baby's mouth.
- Once the baby is latched on well, the lips are flanged out and relaxed, and the tongue is over the lower gum beneath your breast. The baby's mouth should cover more of the bottom of the areola than the top.
- If the baby does not go to the breast well, take the baby off and try again. To unlatch the baby, you can insert a finger into the corner of the baby's mouth and gently push down on his gums to break the suction and avoid damage to the nipples.

