

# How do I Latch My Baby?

## Why is a deep latch important?

- Prevents sore nipples
- Allows your baby to transfer milk
- Increases your milk supply

## Before latching your baby:

- Hold your baby skin-to-skin
- Feed them based on their hunger cues
- Get in a comfortable position with your back supported

## Tips for latching:

- **Hold your baby close, skin-to-skin**, and tuck their bum in.
- **Bring your baby to your breast**, reclining slightly can help.
- **Your baby's tummy should be facing you** with their ear, shoulder and hip in a straight line.
- **Support your baby's neck** by placing your hand behind their shoulders and avoid holding the back of their head.
- **Nipple to nose and chin touching breast.** As your baby's nose touches the nipple, watch for their wide-open mouth.
- **Get a deep latch**, once your baby's mouth opens wide, pull them close and allow them to get a big mouthful of your breast.
- **Your baby's head should be tipped back** with their chin pressed into your breast and their nose clear for breathing.



Breastfeeding should not be painful. Pain is usually a sign of a shallow latch or poor positioning.

If breastfeeding is painful, use a clean finger to break the seal and try latching your baby again.

**Get support if breastfeeding continues to be painful.**



**Halton Baby-Friendly Initiative**  
**Breastfeeding Basics**

**Need more support?**

Visit [babyfriendlyhalton.ca/support](https://babyfriendlyhalton.ca/support)