



POSITIONING & ATTACHMENT

Basic Steps for Optimal Positioning:

1. **Position yourself comfortably with back support, pillows supporting your arms and in your lap and your feet supported by a footrest or a telephone book.**
2. **Position baby close to you, with his hips flexed, so that he does not have to turn his head to reach your breast. His mouth and nose should be facing your nipple. If possible, ask your helper to hand you the baby once you are comfortable.**
3. **Support your breast so it is not pressing on your baby's chin. Your baby's chin should drive into your breast.**
4. **Attach or latch baby onto your breast. Encourage him to open his mouth wide and pull him close by supporting his back (rather than the back of his head) so that his chin drives into your breast. His nose will be touching your breast.**



Is My Baby Latched on Well?

When latching on your baby, use your nipple to tickle the center of your baby's bottom lip. This will encourage him to open his mouth wide (like he is yawning). Aim your nipple slightly towards the roof of his mouth, bringing baby to you, chin first. Good latch-on checkpoints for your baby include:

- his nose is nearly touching your breast, that is, no further away than a credit card edge
- his lips are flanged at least ½ inch of your breast around the base of your nipple.

A baby who is offered the breast will suck without swallowing as he positions the nipple in his mouth and tells your breast he is ready for the milk to let down. When he begins to receive milk, you will see his jaw working all the way back to his ear. His temples will wiggle. You will also hear him swallowing, quickly at first, then more slowly, as his appetite is satisfied.

Information retrieved from
<https://illi.org/breastfeeding-info/positioning/>

Have any questions?

Contact our Maternity Navigator

maternitynavigator@hcmhcares.org

Call: 765.599.3193 or Text: 765.521.1116



Henry Community Health

1000 N. 16th St., New Castle, IN 47362