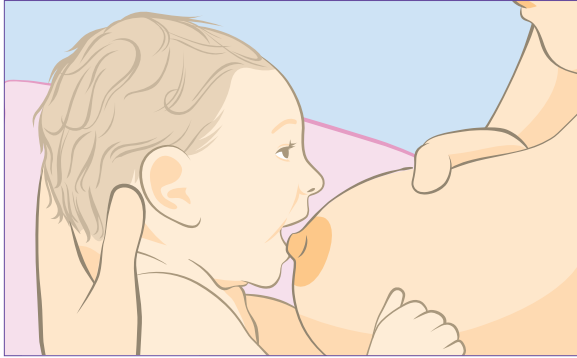
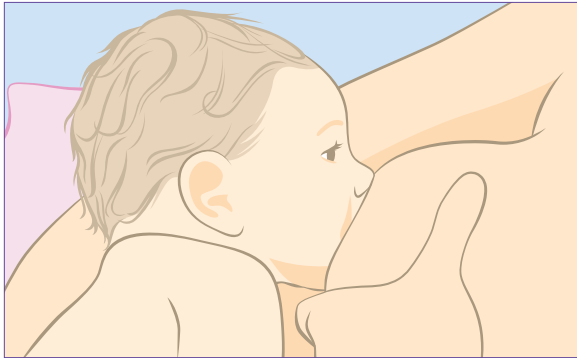


5 steps to help you breastfeed



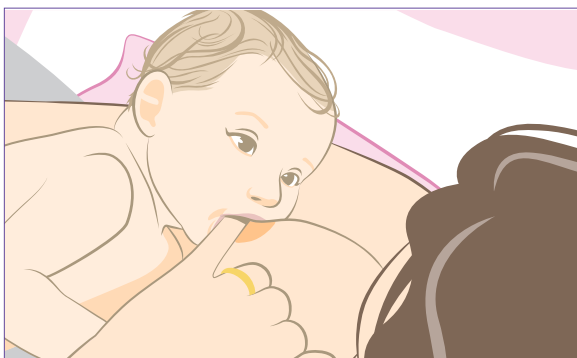
1. Get skin to skin with your baby. First find a comfortable place to sit with your baby. Lay your baby between your breasts so that your tummies are touching. Skin to skin contact helps your baby get comfortable.



2. Tickle your baby's lips. Gently guide your baby so that his nose is close to your nipple. With one hand, support his head. With the other hand, hold your breast and tickle his lip with your nipple.



3. Get a good latch. When your baby opens his mouth, bring him to your breast. He should have a good mouthful of your areola. This is called latching on. When your baby has a good latch, his tongue pulls your breast deep into his mouth. If you feel his tongue at the tip of your nipple, it's not a good latch. His nose and chin should touch your breast.



4. Burp your baby. When your baby stops feeding, burp him. Sit him on your lap. Support his chest and head with one hand and pat or rub his back with your other hand. After he burps, offer him the other breast. It's OK if he doesn't want it.

5. Release the latch. If you need to stop nursing, don't try to pull your baby off your breast. Instead, put your pinkie finger in the side of his mouth to release the latch.