

Step-by-Step: Breastfeeding: Latch On

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Hold your baby's whole body close with their nose level with your nipple.

Let your baby's head tip back a little so that their top lip can brush against your nipple.

This should help your baby to make a wide, open mouth.

When your baby's mouth opens wide, their chin should be able to touch your breast first.

Their head needs to be tipped back so that their tongue can reach as much breast as possible.

With your baby's chin firmly touching your breast and their nose clear, their mouth should be wide open.

You should see much more of the darker nipple skin above your baby's top lip than below their bottom lip.

Your baby's cheeks will look full and rounded as they feed.