

# Latching Your Baby



## Steps to Help Baby Latch:

Step 1

Hold baby tummy to tummy.

Step 2

Keep baby's head, neck, and body straight.

Step 3

Line up baby's nose with your nipple.

Step 4

Wait for baby to open their mouth wide.

Step 5

Bring baby to your breast! (Not breast to baby)  
Baby's chin and lower lip should touch first.

## Tips for a Good Latch:

- Avoid applying pressure to the back of baby's head.
- Baby's lips should roll outward, not tuck in.
- Baby's lower lip will be farther from the nipple than the upper lip.
- You should see more dark skin (areola) above baby's top lip than below the bottom lip.

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**MAKE YOUR  
APPOINTMENT  
NOW!**

