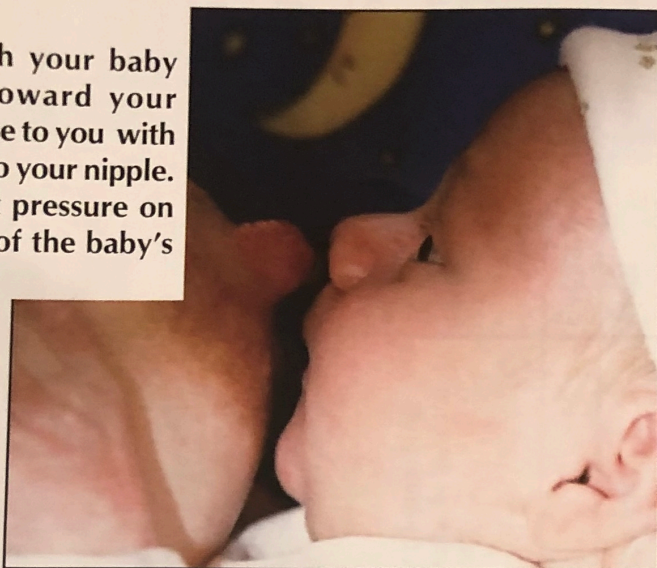


# Breastfeeding: Latch-on 1, 2, 3...

**1.**

Start with your baby turned toward your body, close to you with the nose to your nipple. Don't put pressure on the back of the baby's head.



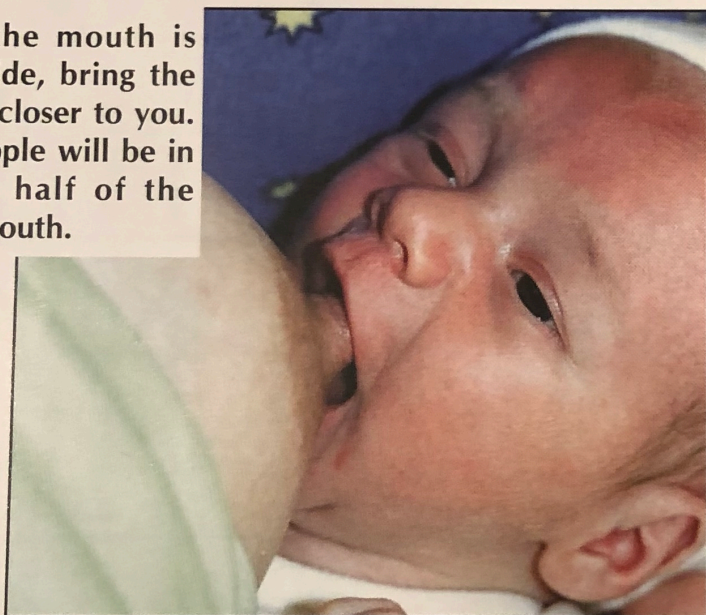
**2.**

Move the baby back an inch or two. Allow the head to tilt back. Watch for the baby's mouth to open wide.



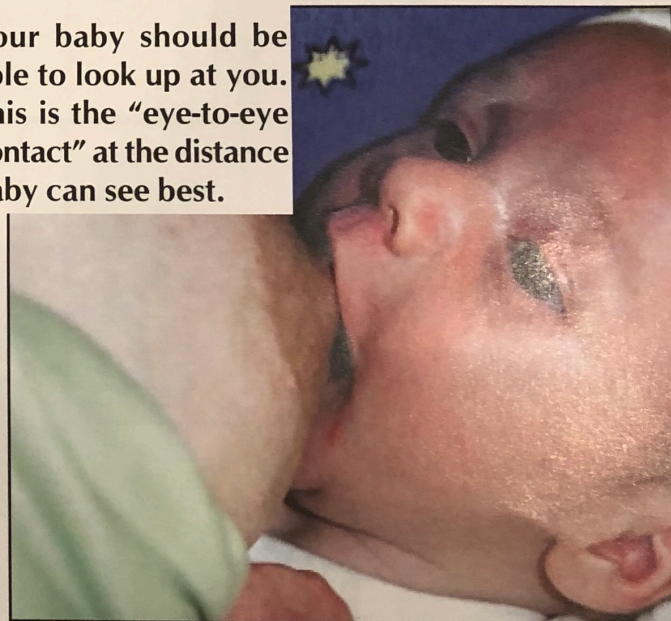
**3.**

When the mouth is open wide, bring the baby in closer to you. Your nipple will be in the top half of the baby's mouth.



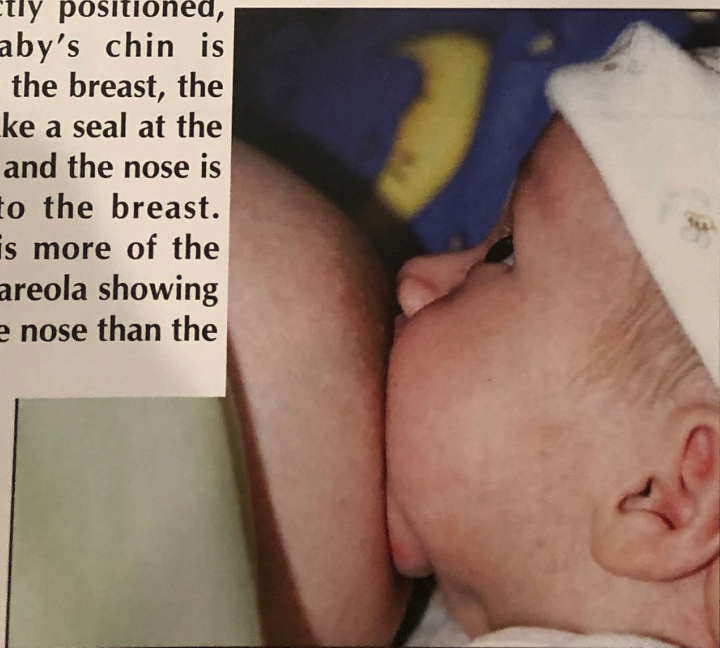
**4.**

Your baby should be able to look up at you. This is the "eye-to-eye contact" at the distance baby can see best.



**5.**

Correctly positioned, the baby's chin is against the breast, the lips make a seal at the breast, and the nose is close to the breast. There is more of the darker areola showing near the nose than the chin.



Although it might look longer, your nipple should be the same shape at the end of the nursing as at the beginning. Breastfeeding should not hurt. A feeling of gentle tugging is okay. Place your finger in the corner of the baby's mouth, breaking the seal, and try again. Pain is a sign that you should ask for help.

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