Trouble latching onto the breast may be due to incorrect positioning, too full or too hard breast, or flat and inverted nipples.

Use correct breastfeeding positioning

☐ Get comfortable and put a book or a box under the feet so the lap is flat.

☐ Hold the baby “tummy to tummy”.

☐ Line up the baby’s body so that the ear, shoulder, and hip are in a straight line.

☐ Hold the baby behind the neck and shoulder to guide to the breast.

☐ Support the baby’s bottom in the crook of the arm.

Quickly pull the baby to the breast and onto the nipple.

Soften the breasts if too full or hard

☐ Cover both breasts with an ice pack for 3-4 minutes.

☐ Massage the breast to help get the milk flowing.

☐ Hand express or pump the milk to soften the breast.

☐ Repeat the ice packs every 2-3 hours until the breast is softer.

Help the baby to get a wide open mouth to latch

☐ Line-up the baby’s nose with the nipple.

☐ Allow the head to tilt slightly backwards as it meets the breast.

☐ Express a drop of milk.

☐ Bring the baby’s mouth to the nipple and allow licking.

☐ Wait for a wide open mouth.

Help draw out flat or inverted nipples for a better latch

☐ Sit up in a chair with a pillow supporting the back so that the nipples are more erect.

☐ Use a breast pump to draw out the nipple for a few minutes just before putting the baby to the breast.

☐ Quickly bring the baby to the breast with a wide open mouth.

If no success with latch-on, contact a breastfeeding counselor in the community, the county health department, or call the Arkansas WIC Breastfeeding Help-line at 1-800-445-6175.