

# DIFFICULT LATCH-ON DURING BREASTFEEDING

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.

## 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.



- 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 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.**

