

# How to Latch

Achieving a good latch is not only important for your comfort, but also to establish and maintain your milk supply.

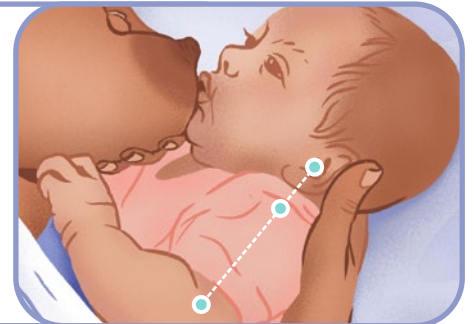


Here are a few tips to achieve a deep latch:

1 Hold your baby so that he is facing you (tummy-to-tummy) with his nose lined up with your nipple. Your hand should be holding your baby by the base of the neck and shoulder blades, not on the back of his head.



2 His ears, shoulders and hips should be in a straight line, and his head slightly tilted back. This puts him into a good “drinking position.”



3 With his nose across from your nipple, gently press your baby’s chin into your breast. Wait for him to open his mouth wide, like a yawn.



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4 With your hand between his shoulder blades, firmly bring him onto your breast. If he is positioned correctly, there will be a small space between his nose and your breast that keeps an open airway. If your baby doesn't open wide, reposition him and try once more. If he still doesn't open his mouth, this means he is not hungry.



5 When he sucks you should feel a pull-tug sensation, but no pain. If you feel pain or pinching, slide your finger into the corner of his mouth to break the suction and try again.



## When to Reach Out

If you are unable to get comfortable, it's time to get some help. Call 855-550-6667 for free breastfeeding help 24/7. Breastfeeding should not be painful.

**Find more tips at [BreastmilkCounts.com](https://BreastmilkCounts.com).**

For free 24/7 information and support, call the Texas Lactation Support Hotline at 855-550-6667 to speak with a lactation consultant.

**WIC has resources, healthy foods and more. Apply here:**



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