

Prenatal Education: Topic #3: Breastfeeding - Latch and Positioning

Place your baby's bare body on your chest after birth. This helps your baby become familiar with life outside the womb, stay warm and feel safe, and start breastfeeding.

1. The amniotic fluid covering your baby at birth smells like colostrum.
2. Your baby is able to smell your colostrum when he is held close to you.
3. After spending some time skin to skin with you after birth, your baby may 'crawl' his/her way to your breast and latch on by him/herself.

The first three days after birth:

1. Babies are alert for the first few hours after birth. This is the best time to start breastfeeding.
2. After this wakeful period, babies typically sleep a lot the rest of their first day. During the next two days, babies tend to wake up and spend a lot of time at the breast, getting nourishment *and* building your milk supply.
3. Babies can get overstimulated from all the sights, sounds, and activities of their new world. Being held close and at the breast helps calm and soothe your baby.
4. This time of being close and feeding frequently facilitates bonding and releases hormones that make milk in your body.

You can help your baby learn to latch onto your breast.



1. Hold your baby close, with baby's tummy facing your tummy.
2. Bring baby up to the level of your breast by putting a pillow under the baby.
3. Have your one hand support baby's neck.
4. Have your other hand support the breast well behind the areola.
5. Have baby's chin pressed into your breast with your nipple just opposite baby's nose.
6. Tickle the baby's upper lip with your nipple to make his/her mouth open wide.
7. Then bring baby to your breast quickly.
8. Baby should latch the areola, not just the

nipple. This will enable baby to get more milk, and reduce the likelihood of developing nipple soreness.

9. If you feel discomfort during nursing, baby may not have enough breast in his/her mouth. Insert your finger between his/her jaws to break suction then relatch.



Learn different positions and have the nurses help you with breastfeeding.

1. You can nurse with the baby across your chest, under your arm, or lying down.
2. Lying down is a great position for breastfeeding. Baby can feed while you sleep or rest!

...to learn more, read the other side!