



Information for breastfeeding families

Positioning & Latch: Baby-Led Latching

The way you hold your baby and how your baby latches to the breast are the keys to comfortable feeding for you and full feedings for your baby. Correct positioning and latch can prevent many of the common problems mothers encounter when starting to breastfeed.

Baby-led latching is good for the first feeding and for all feedings after that when the baby is awake and willing to participate.

Getting Comfortable

Choose a bed or sofa where you can lean back about halfway or more, whatever is comfortable for you.

Positioning Your Baby

Position the baby between your breasts and allow your baby to wake skin-to-skin. Holding your newborn skin-to-skin is one of the best ways to make breastfeeding easy!

Be Patient

Your baby will gradually realize food is nearby! Baby will slowly begin to move towards the breast. Provide support and assist a bit if it seems necessary, but avoid directing the baby. Your baby will locate the nipple and latch with minimal assistance from you. Let your baby lead the way.

Importance of Skin to Skin Contact

Babies tend to do better with direct skin-to-skin contact. Not only does it keep baby warm, the smells and feel of the breast encourage the baby to locate the breast and begin feeding.



This baby located the breast and latched independently.



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