



Adjusting the latch or positioning can help you and your baby breastfeed more comfortably.

How can I get my baby to **latch deeply**?

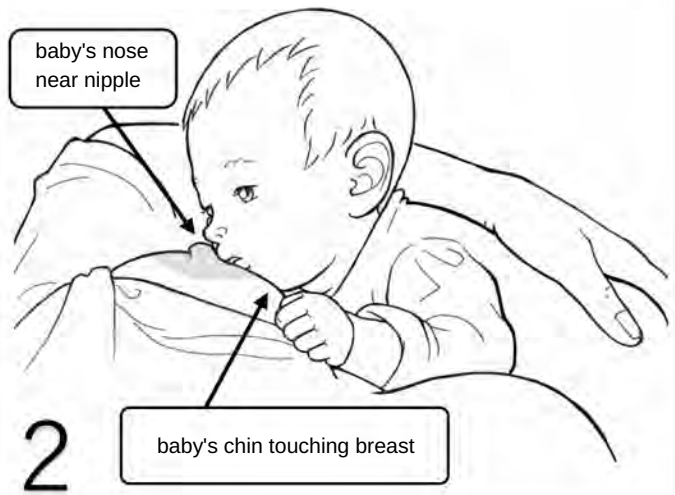
Don't wait for baby to cry to let you know he is hungry (crying is a very late hunger cue), hold baby tummy to tummy and wait for baby to latch on by himself. Often babies will latch deeply on their own.

Position yourself comfortably and bring baby close.



1

Baby will search for nipple with his face.



2

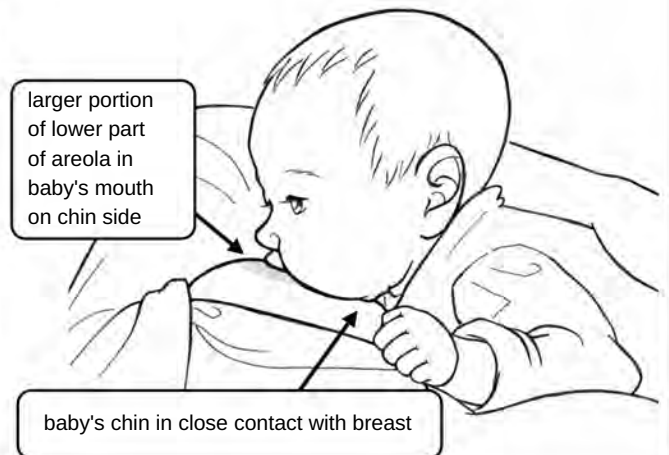
Wait for baby to open mouth wide and latch deeply on breast on his own.

3



4

If you feel discomfort such as nipple pain, take baby off breast gently by inserting your finger into corner of baby's mouth, between his gums, and try again.



This breastfeeding position is only one example, there are many others. Consider attending a La Leche League meeting near you or contacting a La Leche League (LLL) Leader to help find a position that works for you and your baby. Find English and French LLL support at: lll.org/asia/english-and-french-lll-support-in-japan

Information from La Leche League International about positioning and sore nipples:

lll.org/breastfeeding-info/positioning

lll.org/breastfeeding-info/breastfeeding-sore-nipples



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lll.org

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