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.**

**Baby will search for nipple with his face.**

1. **Position yourself comfortably and bring baby close.**

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

2. **Baby will search for nipple with his face.**

   - **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.**

   - **Pull baby in closer by supporting neck and back, rather than back of head.**

   - **Lean back with pillows for support.**

3. **Pull baby in closer by supporting neck and back, rather than back of head.**

4. **Baby will search for nipple with his face.**

   - **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.**

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

   - **Lean back with pillows for support.**

Illustrations: Yoshiko Takahashi

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 Leader to help find a position that works for you and your baby. Find LLL support in Asia and the Middle East at: illiasia.org/find-support and illiasia.org/resources

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Information from La Leche League International about positioning and sore nipples:
Illi.org/breastfeeding-info/positioning
Illi.org/breastfeeding-info/breastfeeding-sore-nipples