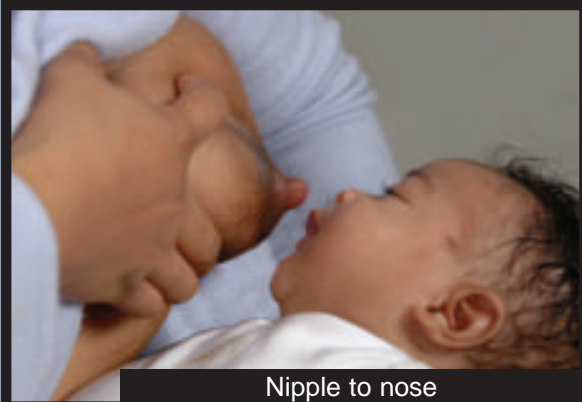


# Four Steps to a Great Latch!

This latch is called an off-center latch.

This latch will help your baby drink more milk by letting him take in more of your breast with his lower jaw.

This is a very comfortable latch even if your nipples are sore.



Nipple to nose

1. Position baby tummy to tummy, with his ear, shoulder and hip in a straight line. **Point your nipple to baby's nose.**



Chin first

2. As baby opens his mouth at the smell of your milk, let baby's head **tilt back**. Now your nipple is pointed at the roof of baby's mouth. Bring baby to the breast **chin first**.



Chin pressed into breast, nose clear

3. Baby's **chin and cheeks should be pressed into your breast**. Baby's nose will be clear of the breast or will touch slightly.



Great latch!

4. This is what you will see when baby is latched on.

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