

Check List for Essentials of Positioning and Latch-on



Positioning

- ✓ Hold head behind ears
- ✓ Nose to nipple
- ✓ Belly to belly



Offer the breast

- ✓ Sandwich hold
- ✓ Stroke nipple from nose to chin rolling out lower lip
- ✓ Bring baby to breast, not breast to baby



Check the latch-on

- ✓ Flanged lips, open mouth to 140°
- ✓ No pain, no wedged or creased nipple
- ✓ Chin touching breast, asymmetrical latch-on

Assess milk transfer

- ✓ Wide jaw excursion
- ✓ Consistent sucking
- ✓ Audible swallowing (after milk comes in)



Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.