

# 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)



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