

How to Latch Baby to the Breast

A Quick Guide to Asymmetrical Latch



1. Nipple opposite baby's nose.



2. Tickle upper lip with nipple.



3. Baby opens widely and lifts the chin.



4. Chin touches breast first (bottom lip further from nipple than top lip).



5. Nipple far back in baby's mouth.



6. Baby's nose touches breast (baby will breathe out the sides).