

Deep Latch Instructions

- Support baby's neck by making a c-shape with your hand, spreading your thumb and forefinger apart. The baby's neck/head and shoulders should be supported in the web of your hand.
- Bring baby to breast with baby's tummy turned towards your body.
- Position baby so baby's nose is lined up with your nipple.
- Baby's head should be slightly tilted back so baby comes into the breast chin first.
- Stroke nipple across baby's nose and upper lip and wait for your baby to open their mouth wide then place the chin deep in the breast tissue and swiftly bring their mouth onto your nipple.
- Bring baby to your breast not your breast to your baby
- When baby is latched, make sure the baby's lips are flanged out for a good seal.



Recommended Websites & Videos

- IABLE – Sandwich Hold/ Asymmetric Latch – <https://youtube/0I-OAr7Dr48>



- Breastfeeding Medicine of Northeastern Ohio – Latching - <https://bfmedneo.com>



- The Pump Station – Deep Latch Technique - <https://www.pumpstation.com/blogs/articles/video-how-to-breastfeed-deep-latch-technique?pos=2&sid=c2aaf4db9&ss=r>

