

*I have difficulties getting my baby to latch.*

*What should I do?*

*There are qualified breastfeeding counsellors at all hospitals across Trinidad and Tobago.*

*Before discharge, ask your Midwife for a contact number for a Breastfeeding Counsellor.*

*They will offer guidance and address any concerns so that you can be more comfortable with breastfeeding.*



*This brochure was produced by the National Breastfeeding Coordinating Unit (NBCU) under the Directorate of Women's Health of the Ministry of Health, Trinidad and Tobago.*

*This series of brochures was developed to assist mothers with any breastfeeding concerns.*

*Visit the Directorate of Women's Health Website for more information: [www.health.gov.tt/womenshealth](http://www.health.gov.tt/womenshealth) or speak with a Breastfeeding Counsellor at your nearest health centre or The Breastfeeding Association of Trinidad and Tobago (TBATT):*

*NWRHA: 623-2954 ext 2823*

*NCRHA: 662-7153 ext 2144*

*SWRHA: 225-1813*

*ERHA: 226-1107*

*TRHA: 660-4744 ext 3123*

*TBATT: 468-5412 (Available 24/7)*

*TTAM-679-8008*

*TABS-688-7688*



Part 6/7

# Getting Your Baby to Latch/ Breastfeed

2020

National Breastfeeding Coordinating Unit (NBCU)  
**BREASTFEEDING SUPPORT SERIES**



## *How do I get my baby to breastfeed (latch)?*

Breastfeeding takes time and practice. It may take some time to find the feeding positions that feel most comfortable for you and your baby.

Remember to offer your baby both breasts and to switch breasts for the following feed.

## *How to know the signs of a good latch?*

Your baby is latching well if you feel a pulling or tugging sensation on your breast and in the lower abdomen in the early stages post-delivery.

## *How to tell if your baby is swallowing?*

Your baby's temple and lower jaw move rhythmically and you hear a breathy 'aah' occasionally, which is your baby exhaling after he swallows. Keep in mind that before your milk comes in your baby won't be swallowing all that often because the volume of colostrum isn't as much.

Ideally, your baby's lips will be flanged out - like a fish or an open flower - around your nipple or areola and not tucked under (this may make your nipples sore).

## **STEP 1:**

Hold your baby's entire body close, with their nose the same level as your nipple.



## **STEP 3:**

When your baby's mouth is wide open their chin should be able to touch your breast first. Their head should be tipped back so that their tongue can reach as much breast as possible.



## **STEP 2:**

Let your baby's head tip back just enough for their top lip to brush against your nipple. This will help your baby to make a wide, open mouth.



## **STEP 4:**

Your baby's chin should firmly touch your breasts, their nose clear and mouth wide open. You should see much more of the darker nipple skin above your baby's top lip than below their bottom lip. As your baby feeds, the cheeks will look full and rounded.

