

Checking the latch

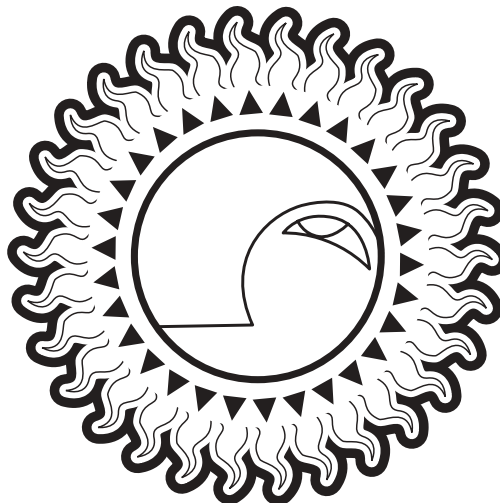
Your baby is latched-on well if:

- Her mouth is open wide, and her lips are turned out.
- Her chin is pressed into the breast, nose resting on top.
- If you use your little finger to open the corner of baby's mouth, you should see her tongue over her lower gums.
- You hear swallowing noises and you see baby's jaw doing suck and swallow movements.

If it hurts when baby is feeding, break the suction at the corner of baby's mouth using your small finger and try to latch on again.

Remember

Be patient. It will take a little time for you and your baby to get used to working together. Soon you will be an expert and breastfeeding will become second nature.



The elders speak:

“The five children I breastfed were all very healthy...

I never used store-bought formulas or store-bought baby food and I never gave children cow's milk. I also didn't give them juice to drink. When I wanted him to get familiar with the taste of traditional food, I used to give him a small bone to suck on.

Then when it was time to eat the food he liked it.”(E.S.)



CH-32

Version française disponible



Proper Latch and Breastfeeding Positions



Conseil Cri de la santé et des services sociaux de la Baie James
σ ∩ d 7 a b 7 Δ ∇ Δ ∙ < Δ a < a a b ∇ C b σ ∇
Cree Board of Health and Social Services of James Bay

Try to breastfeed your baby as soon as possible after she is born. Then feed her whenever she seems hungry. Feeding “on demand” instead of on a schedule is the best way for you to make lots of milk.

The most important part of breastfeeding is how the baby sucks on to your breast. This is called a “latch”.

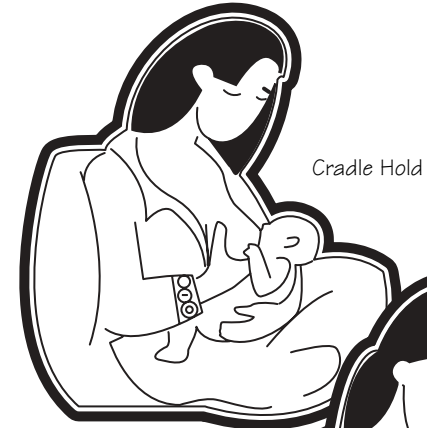
First:

- ▶ Try to start breastfeeding at the first signs baby is hungry (mouth movement). Don't wait for her to cry or become upset.
- ▶ Make sure you are comfortable.
- ▶ If you are lying down, use pillows for support and to bring baby up to your breast.
- ▶ If you are sitting up, use a pillow to keep your back straight, rest your arms, and **bring your baby up to the breast**. A footrest (stool or books) can make you more comfortable.

Then:

- ▶ Hold baby so that his mouth and nose face your nipple. Hold him close, with his body and legs wrapped around you. (You may have to push his bum into your body to get close enough).
- ▶ Hold your breast by putting four fingers under the breast and your thumb on top. Make sure your fingers are far back from the nipple area and dark skin around it.
- ▶ Using your nipple, lightly “tickle” baby's lips. 1 This should make baby open his mouth. It is very important to wait for a wide open mouth (like a yawn). 2 Once the mouth is open nice and wide, quickly bring your baby to the breast (NOT BREAST TO BABY). Try to get as much of the dark skin around the nipple into his mouth as possible. 3

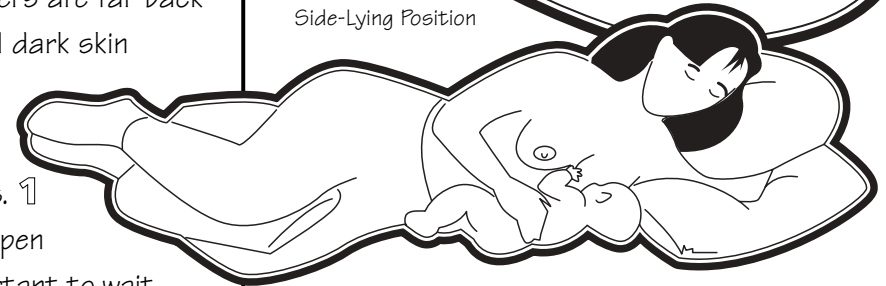
Different positions for breastfeeding



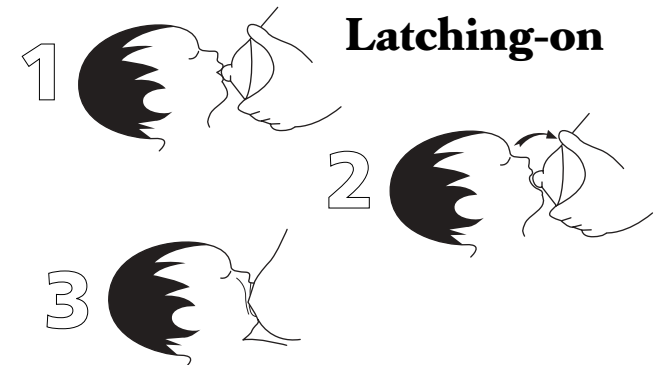
Cradle Hold



Football Hold



Side-Lying Position



Latching-on