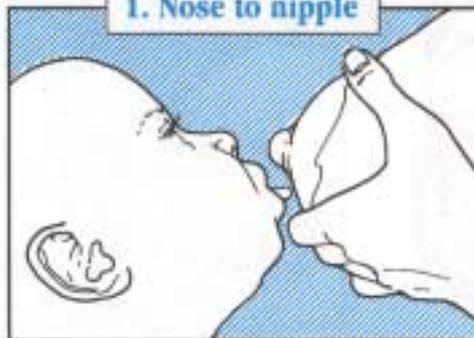


Starting a Feeding



Be sure that both you and your baby are in a comfortable and relaxed position before beginning to breastfeed.

1. Nose to nipple

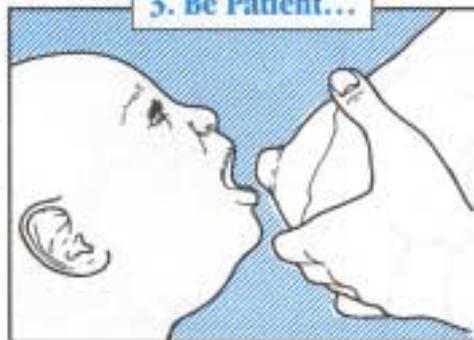


2. "Tickle" baby's lips



- Gently rub your baby's lips with your nipple to start his rooting reflex.
- Some babies may lick the nipple a few times. This is fine and may help your baby find your nipple.

3. Be Patient...



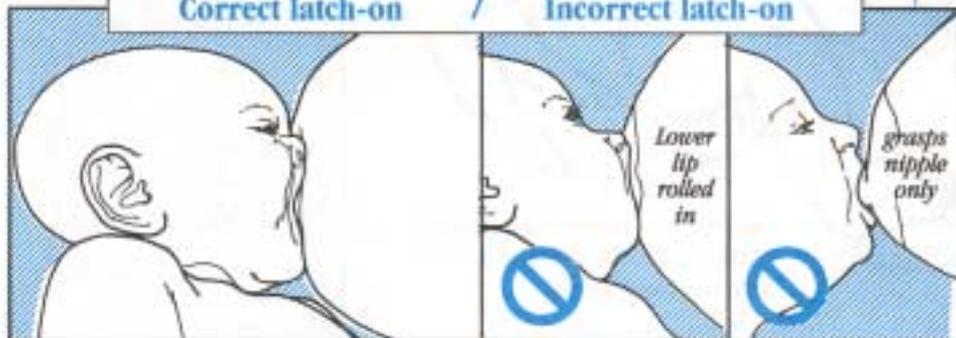
4. ...Until baby opens WIDE



- Be patient. When your baby opens his mouth *WIDE*, quickly bring his mouth up onto your breast. Let his lower jaw and lip touch your breast first and then his upper jaw and lip.

Correct latch-on

Incorrect latch-on



- Be sure your baby's top and bottom lips are rolled outward, and his tongue cups your nipple and areola. His nose will touch your breast.

Breastfeeding is a special gift only you can give your baby.



Call your baby's care provider and a lactation consultant if your baby does not seem to be gaining weight or if you have any questions about breastfeeding your baby.