

## Breastfeeding Tip

# get a good latch

Latch is the way your baby takes your breast into their mouth to breastfeed.

### A good latch is important to:

- make sure your baby gets enough milk
- help your body make more milk
- make breastfeeding comfortable
- prevent breastfeeding problems



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*Ask for help from a lactation consultant or WIC.  
They can share tips and want to help you  
meet your breastfeeding goals!*



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