

What does a good breastfeeding latch look like?

You can tell that your baby is latched on well when:

- baby's mouth is wide open on your breast
- baby's lips are turned out, not tucked in
- most of the areola (dark area around the nipple) is in baby's mouth
- you can hear your baby swallowing milk
- breastfeeding feels comfortable

When you have a good latch, you should not feel pain after the first minute or so.

— Keep practicing. —

Ask for help from your WIC peer counselor or lactation consultant.



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