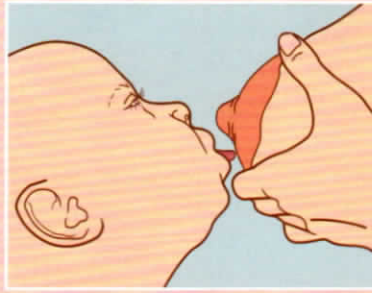


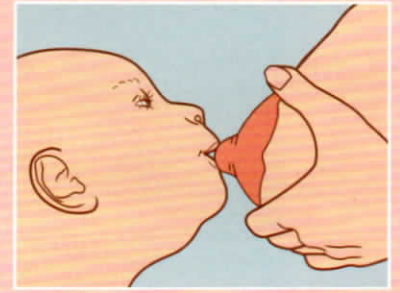
Starting a Feeding



1. Nose to nipple

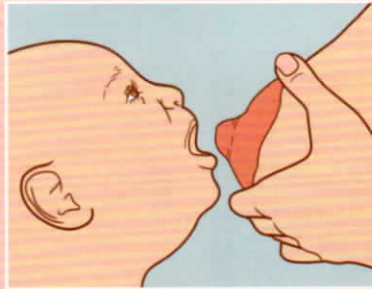


2. Tickle baby's lower lip

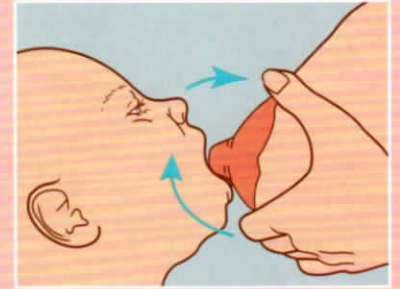


Gently stroke your baby's lips with your nipple to start his rooting reflex. Some babies may lick the nipple a few times. This is fine and may help your baby locate your nipple.

3. Be patient

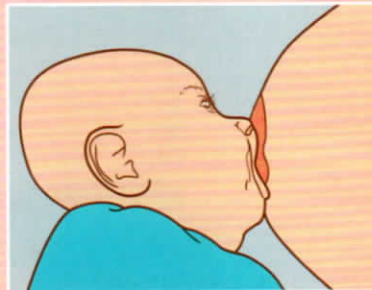


4. Wait until baby opens wide

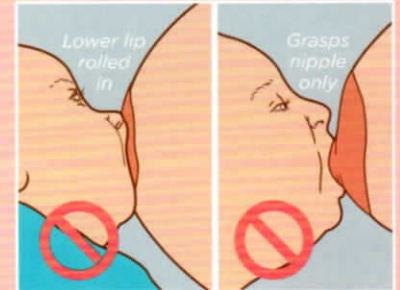


Be patient. When your baby opens her mouth wide, quickly bring her mouth up onto your breast, chin first. Her lower jaw and lip should touch your breast first, and her upper jaw and lip should follow.

5. Correct latch-on



6. Incorrect latch-on



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

Make certain both of your baby's lips are rolled outward. Your baby's tongue should be over his lower gum and beneath your breast. Your breast should fill your baby's mouth. His chin should firmly press into your breast, and his nose may or may not lightly touch your breast. If necessary, support your breast so that its weight does not rest on your baby's chin.

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



The information contained in this tear pad is not intended to replace the advice of a healthcare professional. If you have any questions about breastfeeding your baby, please contact a lactation consultant or another healthcare professional.