



Guide for the difficult to latch

Katie's technique

- 1) Raise baby to breast height.
- 2) Place babies' bottom under other breast (angles chin in deep).
- 3) Hold baby by the shoulders and base of skull (no fingers above the ears, keeps his chin off his chest)
- 4) Hold breast behind areola, hand supporting underneath (left hand left breast or if right breast use right hand)
- 5) Press in with your thumb at the juncture of areola and breast, to tip the nipple at the baby's nose
- 6) Touch the nipple to the upper lip
- 7) Wait for a wide open, tongue out mouth
- 8) Pull the baby to you

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