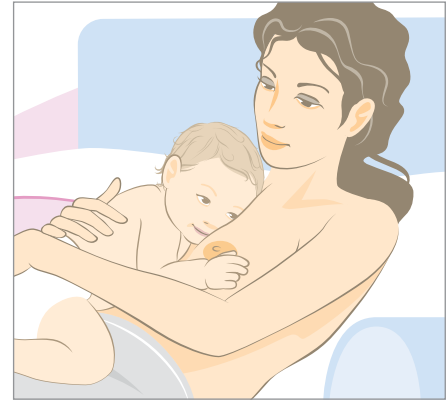


How to breastfeed

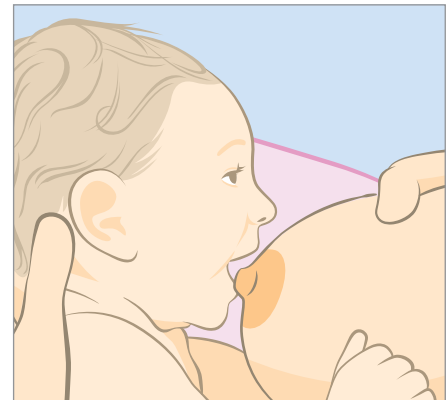
Get skin to skin with your baby.

Find a comfortable place to sit with your baby — in a chair, on the couch or on your bed. Sit up or lie back. Lay your baby between your breasts so that your tummies are touching. Skin-to-skin contact helps your baby get comfortable.



Tickle your baby's lips.

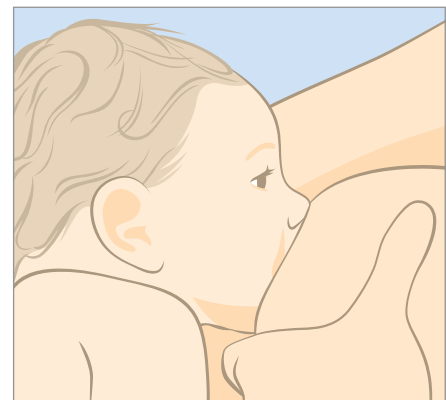
Gently guide your baby so that his nose is close to your nipple. With one hand support his head. With the other hand, hold your breast and tickle his lip with your nipple.



Get a good latch.

When your baby opens his mouth, bring him to your breast. Bring him to you — don't lean into him. Your baby should have a good mouthful of your areola (the area around your nipple). This is called latching on. Hold your baby close. Both his nose and chin should touch your breast. Don't worry — he can breathe and eat at the same time.

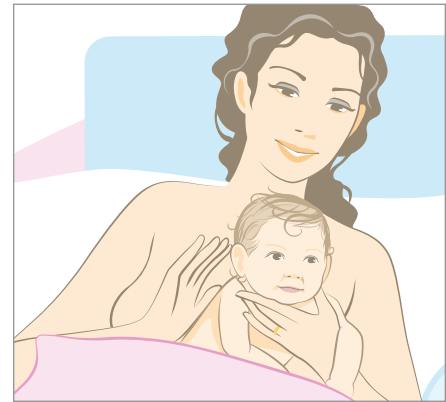
When your baby has a good latch, you feel his tongue pull your breast deep into his mouth. If you feel his tongue at the tip of your nipple, it's not a good latch. Latching on is important for your comfort and to help your baby get enough milk.



Remember: it's called breastfeeding, not nipple feeding!

Burp your baby.

When your baby stops feeding, burp him. Sit him on your lap. Support his chest and head with one hand and pat his back with your other hand. After he burps, offer him the other breast. It's OK if he doesn't want it.



Release the latch.

If you need to stop nursing, don't try to pull your baby off your breast. Instead, put your pinky finger in the side of his mouth to release the latch.

