



## *Check List for Essentials of Positioning And Latch-on*

### ***Positioning***

- ✓ Hold head behind ears
- ✓ Nose to nipple
- ✓ Belly to belly



### ***Offer the breast***

- ✓ Sandwich hold
- ✓ Stroke nipple from nose to chin rolling out lower lip
- ✓ Bring baby to breast, not breast to baby



### ***Check the latch-on***

- ✓ Flanged lips, open mouth to 140°
- ✓ No pain, no wedged or creased nipple
- ✓ Chin touching breast, asymmetrical latch-on



### ***Assess milk transfer***

- ✓ Wide jaw excursion
- ✓ Consistent sucking
- ✓ Audible swallowing (after milk comes in)