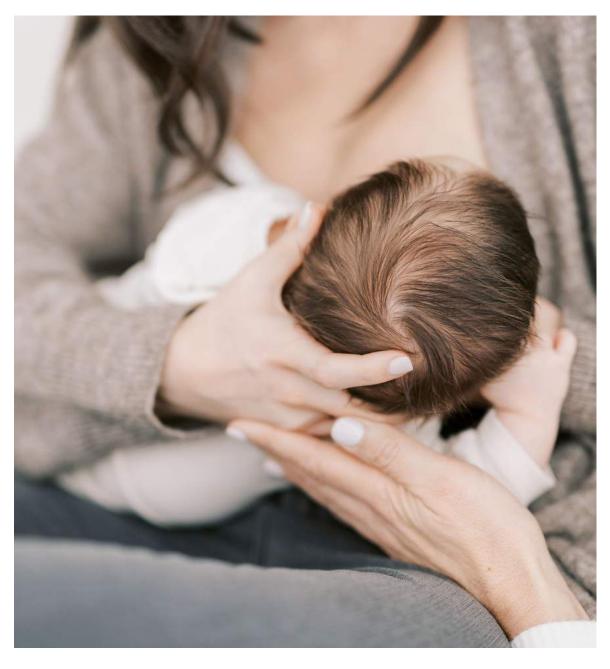
# HOW TO MASTER A PAIN-FREE LATCH



www.thrivebreastfeeding.com



I often hear mamas say they expect breastfeeding to hurt and in the beginning, a painful latch is normal. They think their nipples need time to toughen up and get used to frequent newborn feedings. Well, good news. That's not true!

Oh how I wish that every new mom knew the basics on latch and positioning before starting out on their breastfeeding journey. In short, **breastfeeding should not hurt**. A latch should be pain-free.



## Steps for a Pain-free Latch

Cross-Cradle Hold

01

02

03

#### Hold'm High

Position baby at breast height. Line up the baby's belly button with your non-nursing nipple. Baby is in a straight line.

#### Tummy to Mummy Skinny Sandwich

Turn the baby in towards you. The belly shouldn't be facing up towards the ceiling. Stack their hips like they're in a side plank.

Compress breast into a skinny sandwich by placing your hand underneath the breast to form the letter U.

04

05

06

#### Nose to Nipple

Line up your nipple to the baby's nose. The mouth is below the nipple so that baby leads with the chin.

#### Wait for the Gape

When the baby's mouth opens wide, sweep the baby in close going up and over the nipple.

### Fish Lips

Top and bottom lips should be flanged like a fish. If lip is curled in, gently peel it out.
Otherwise, break the seal and try again.



## HI, I'M AMY

I'm dedicated to helping mamas understand breastfeeding doesn't come naturally to the majority of women, and it may not for you.



But that's okay. With my support and guidance, you'll escape feeding anxiety, avoid breastfeeding pain, and wave goodbye to mom guilt and parental comparison.

If you're an expectant mom, please <u>CLICK HERE TO SET UP A</u>

<u>FREE 15-MINUTE CALL</u> to get a headstart on breastfeeding.

Is the baby here and you need help NOW?

**TEXT AMY: 703.952.5405**