

# HOW TO MASTER A PAIN-FREE LATCH



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[www.thrivebreastfeeding.com](http://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.

# PAIN-FREE



# Steps for a Pain-free Latch

## Cross-Cradle Hold

01

### 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.

02

### 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.

03

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

04

### 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.

05

### Wait for the Gape

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

06

### 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.

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If you're an expectant mom, please **[CLICK HERE TO SET UP A FREE 15-MINUTE CALL](#)** to get a headstart on breastfeeding.

Is the baby here and you need help NOW?

**[TEXT AMY: 703.952.5405](#)**

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