

Latch Issues

All babies are different. Some babies breastfeed well from the start; other babies may have a harder time and need some help. If your baby does not latch on right away, this does not mean that your baby does not want to breastfeed.

Common causes:

- o Feeding position.
- o Use of artificial nipples.
- o Mom's nipples are flat or inverted.
- o Baby may have lip/tongue tie.
- o Baby has thrush.
- o Engorgement.
- o Prematurity.



What Can I Do to Help?

Don't give up! Remove milk from breasts as often as possible.

- Hold baby skin to skin.
- Watch for baby's early hunger cues; it is hard to latch a crying baby.
- Check to make sure positioning is correct.
- Express milk to nipple and then try latching baby.
- Wait until baby's mouth is open wide before attempting to latch.
- Be patient – you are learning together.

Ideas to Try:

- Work on latch when baby is calm and mom is relaxed.
- If possible, avoid artificial nipples. If other feeding methods are offered, use paced feeding.
- Use different positioning.
- Limit the use of strong perfume, deodorant, or lotions.
- Contact local WIC peer helper or lactation consultant.

Additional information:

- If you have any questions or concerns, call your local WIC clinic.

- Call Ohio's 24-hour Breastfeeding Hotline at 888-588-3423.
- Find a lactation consultant or find help at www.ohiobreastfeedingalliance.org/breast-feedinghelp.html
- www.kellymom.com



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