

Breastfeeding

Breastfeeding is best for you and baby. It's important to achieve an effective attachment to your breast when baby starts to feed.



Baby's mouth opens wide to latch on to your breast, covering the areola.



Baby's tongue, bottom lip and chin touch your breast first.



Once attached, baby's chin touches your breast, and his or her nose is free.



Many mums find breastfeeding a little uncomfortable and your nipples may be a bit sore during the first few days as you and your baby learn to get a good latch.

Usually minor adjustments to your or the baby's position is all that's needed to breastfeed effectively. See a breastfeeding expert, midwife or health visitor if breastfeeding is painful or the discomfort does not resolve.

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