How to breastfeed

Breastfeeding takes practice. It takes time to work out which feeding and burping positions feel best.

Latching on

Hold your baby's whole body close with their nose level with your nipple.

Let your baby's head tip back a little so that their top lip can brush against your nipple. This should help your baby to make a wide, open mouth.

When your baby's mouth opens wide, their chin should be able to touch your breast first, with their head tipped back so that their tongue can reach as much breast as possible.

With your baby's chin firmly touching your breast and their nose clear, their mouth should be wide open. You should see much more of the darker nipple skin above your baby's top lip than below their bottom lip. Your baby's cheeks will look full and rounded as they feed.

For further help talk to your Midwife or Health Visitor or call at our Breastfeeding Support group on Wednesdays in Ballymote Centre from 10.30 to 11.30.