

Getting started with breastfeeding: 5 tips to get baby to latch on



1

Your baby will show **when he wants to nurse**, such as by moving his head in search of a feed, smacking his lips, bringing his hand to his mouth or sucking his finger. He will seem increasingly restless. If your baby cries, try to calm him down first. That will make the latching on easier.

More info: gesund-ins-leben.de/hungerzeichen



2

Make yourselves comfortable for breastfeeding. In the first few days and weeks in particular, many women find **breastfeeding in a reclined position** pleasant.

More info: gesund-ins-leben.de/stillpositionen



3

Guide baby towards your breast on his back. His body will be turned towards you with his nose close to your nipple. Wait until your baby opens his **mouth wide open** like when yawning. That way, he'll catch a sizeable proportion of the areola. This is easy on your nipple and your baby will be able to feed properly.

5

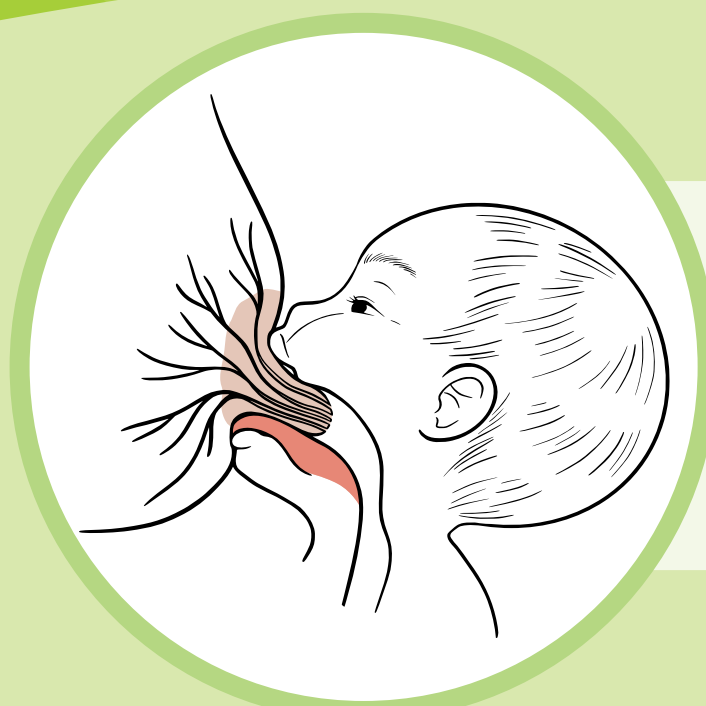
Something hurting or feeling uncomfortable? Then gently push your little finger into the corner of baby's mouth so that he lets go of the breast. Now you can start again. If it still hurts, get advice promptly.

More info: gesund-ins-leben.de/anlegen

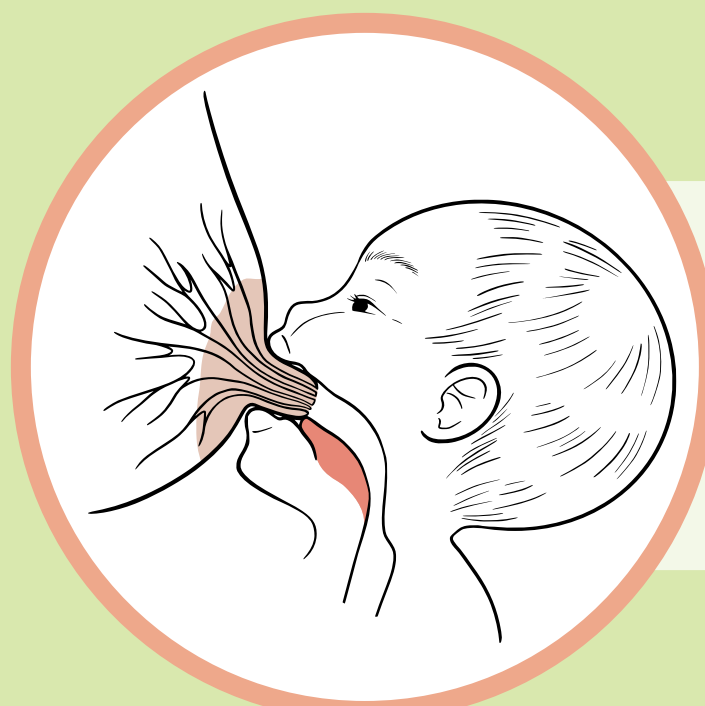


4

If it helps, you can shape and support your breast, with your thumb at the top, your fingers at the bottom and plenty of space between them and the areola.



Correct: Baby has the nipple and much of the areola in his mouth. His chin is touching his chest. His lower lip is turned outwards.



Incorrect: Baby is sucking only on the nipple and his mouth is only slightly open. The nipple will quickly get sore.



If you have any questions about latching on or feel unsure, your midwife or breastfeeding advisor will be happy to help you.



Breastfeeding Basics – practical information and support for parents

Breastfeeding Basics are aimed at all those engaged in communicating about breastfeeding. This booklet is for those who work with families on a professional or voluntary basis with breastfeeding being a frequent or occasional topic cropping up. It provides quality-controlled basic information on breastfeeding – with practical tips on common breastfeeding situations and on feeding babies, especially during the first few months of life.



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How is the breastfeeding going? – Tips for breastfeeding

How will I know whether my baby is hungry? Will my milk be enough? The pre-tested info comic (tear-off pad with 50 identical info comics) is suitable for giving advice to breastfeeding mothers shortly after giving birth. It gives mothers nine everyday breastfeeding tips to boost their breastfeeding skills. The more self-confident the mother is, the more confident she'll be about breastfeeding and the better it will go.



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