

SIGNS THAT YOUR BABY IS POSITIONED WELL



Ahhh!

Your baby's chin, chest, and knees face your breast.

Your baby's mouth is open wide as in a yawn.

Your baby's tongue is over his lower gum.

Your baby's lips curl out like the lips of a fish.

Your baby's chin firmly touches your breast.

Your baby's nose and cheeks may lightly touch your breast.

You hear or see your baby swallow when she breastfeeds.

Your nipples may look longer right after you breastfeed, but they should not be flattened or creased.

If you feel pain, it is only at the start of a feeding... ahhh!



Ouch!

Your baby's chin, chest, or knees do not face your breast.

Your baby's mouth is barely open.

Your baby's tongue is behind his lower gum.

Your baby's lips curl in.

Your baby's chin barely touches your breast.

You can't hear or see your baby swallow when she breastfeeds.

Your baby makes a clicking sound when she breastfeeds.

Your baby's cheeks dimple when she breastfeeds.

Your nipples are flattened or creased after you breastfeed.

You feel pain throughout the feeding . . . ouch!