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Breastfeeding Issues: Difficulty in latching.

These articles are only intended to get you started on solving simple breastfeeding problems. You should seek the advice of a board certified Lactation Consultant or your local La Leche League Leader.

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In this article we will discuss a few simple methods to overcome a common difficulty in breastfeeding. Often it seems a baby just doesn't want or know how to latch on, frustrating both Mother and Baby. Fortunately the remedy can be as simple as repositioning the baby.

Method 1: The Cross-Cradle hold.

- Raise your baby to breast height.
- Place your baby's bottom under your other breast (this angles the chin in deep).
- Hold baby by the shoulders and the base of the head (no fingers above the ears, this keeps his chin off his chest).
- Hold your breast behind the areola, your hand supporting from underneath (left hand for left breast or vice versa).
- Press in with your thumb at the juncture of areola and breast, to tip the nipple towards the baby's nose.
- Touch the nipple to the baby's upper lip
- Wait for your baby to open his or her mouth wide, rooting for your nipple.
- Pull the baby to you and relax.

Method 2: The "Football" hold.

- Raise your baby to breast height.
- Baby's bottom and legs should be up against the chair you're sitting in to prevent the 'stepping reflex', which could push baby off your breast. (see photo)
- Hold baby by the shoulders and the base of the head (no fingers above the ears, this keeps his chin off his chest).
- Hold your breast behind the areola, your hand supporting from underneath (left hand for left breast or vice versa).
- Press in with your thumb at the juncture of areola and breast, to tip the nipple towards the baby's nose.
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