

# Deearna Withey

Maternity Nurse



## Attaching baby to the breast - commonly known as “latching on”

Most nursing mums initially may experience some discomfort, however you should not experience any pain.

### **What you should see:**

You should expect to see a wide open mouth, with your baby’s nose not pressed into your breast. Your baby should be using deep jaw movements.

You may see more areola (the coloured part around your nipple), there will be more showing above the top lip than the bottom.

Your Montgomery tubercle’s (these are the little bumps on the areola) during nursing will secrete an oil which will help lubricate.

### **What you shouldn’t see or hear:**

You shouldn’t see your baby’s cheeks sucked in or a squashed nipple. Your baby’s lips shouldn’t look like they’re sucking from a straw.

### **You may feel:**

You may experience the feeling of being gripped, or a tingling feeling in your breast – this is the let down reflex.

You can expect some discomfort for the first few days, this should disappear after a few days. You should never feel pain.

## **Breaking the latch:**

To break your baby’s latch do not pull your baby off, pop a clean finger into the side of your baby’s mouth and place this on the top of the your baby’s tongue.

*If you feel pain call Deearna on 01252 351 076 or 07771 660 121 and one of her consultants will visit to check your latch is correct. Alternatively, consult your midwife.*