

# PROPER BREASTFEEDING LATCH

## AREOLA

Fully covered by the baby's mouth, with more latch on the upper part.

## NOSE

Facing the breast.  
Nostrils not obstructed.

## LIPS

Wide open. Lower lip pulled outward.

## CHIN

Touching the breast.

## SLOW AND DEEP SUCKLING

Hear the swallowing sound  
and see rhythmic throat  
movement.



Improper latch