

ASYMETRICAL LATCH

- By tickling the baby's nose with the nipple, his head will tilt slightly back with his mouth wide open (like when he yawns) and he is ready to take a good "mouthful" of the breast
- A larger part of the areola is in the baby's mouth near the lower lip than the upper lip
- The baby's neck is tilted back a little, and the chin is resting on or pressed into the breast. The nose is free so the baby can breathe
- At the end of breastfeeding, the nipple has the same rounded shape as at the beginning, it is not flattened or beveled (lipstick shape)



To remember

- Baby belly to belly with his mother
- Nose aligned with the nipple
- The hand on the baby's shoulder blades
- Head tilted backwards
- Wide open mouth > 120°
- Turned up lower lip
- Chin is resting/pressed into the breast
- Does not hollow out the cheeks
- Round nipple after feeding

A video on this topic is available on our YouTube channel

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REFERENCE: LE PETIT NOURRI-SOURCE

