

# BREAST LATCH

## THE CUP OF TEA



- **Useful technique for a baby with small mouth opening**
- **The baby is positioned tummy to tummy with their mother, with the baby's nose facing the nipple**
- **The thumb and forefinger form a pincer to shrink the areola by compressing the breast skin just outside the areola**
- **The fingers are parallel to the baby's approaching lips**



- **This latch does not change the shape of the breast (unlike the sandwich latch), which encourages the chin to enter the breast so that the baby can open his mouth properly**

- **When the baby starts suckling effectively, the breast can be released and should remain firmly in place**