

ACHIEVING THE ASYMMETRICAL LATCH

1. NOSE TO NIPPLE

mouth below the nipple for the asymmetrical deep latch.

3. MOUTH AT WIDEST GAPE

gentle upward lift over the nipple.
nipple goes to the back of the mouth.

2. SHOULDER PRESS

pressure on baby's shoulders allows head to tilt back and mouth start to open.

4. CHIN IN AND NOSE FREE

head, shoulders, hips all aligned.

1.



2.



3.



4.



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NIPPLE SHAPING

The thumb pressed on the nose side of the nipple will allow the nipple to tilt in the right direction.

This tilt allows the fuller underside of the nipple to present to the mouth first and the baby goes up and over the nipple.

Picture this like a hamburger or sandwich.



WHEN LATCHED

The breast is at rest and baby is not clamping on tight to hold up the weight of the breast.

The baby is square to the breast not the mums body.

The head gently falls back and support pressure is in baby's shoulder blades.