Attachment

How the baby takes the breast into their mouth

We looked at …

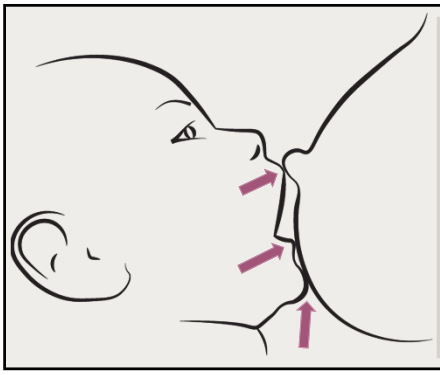
Reflexes babies are born with to help them to breastfeed

We are going to look at:

Signs of effective (and ineffective) attachment and how this affects milk transfer.

Positioning

…is how the baby is held, to enable them to attach successfully.



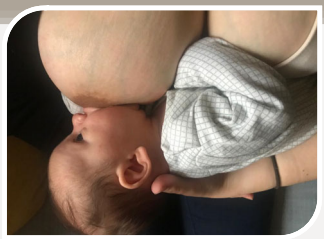
Key points of effective attachment

The bottom lip makes contact with the breast a long way from the base of the nipple.

The nipple is entering the mouth by brushing under the top lip.

The baby's chin is off the baby chest, as it drops it's head back and reaches up for the nipple

Effective attachment



The baby's chin indents the breast

The baby's mouth is wide open

The lower lip is curled back

The cheeks are full and rounded

There is more areola visible above the baby's top lip

How baby's transfer milk when they breastfeed …

- The baby cups the nipple AND breast tissue with their tongue
- Lowers the jaw to create a vacuum, which draws the milk
- The baby presses upwards with the tongue and jaw to close the ducts
- Swallows

Inside the baby's mouth…

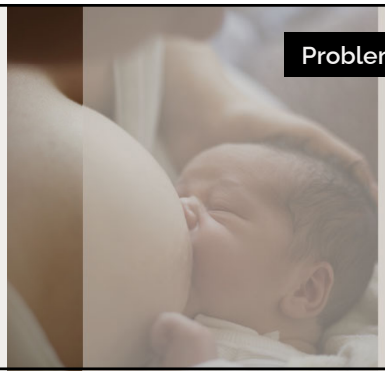
- The tongue is over the lower gum, protecting the nipples
- The mouth is filled with breast tissue
- The nipple is safe at the back of the mouth meeting the soft palate

Problems for **Mum**

What if the baby is not well latched?

Problems for **Baby**

What if the baby is not well latched?



Problems for Mum

Sore nipples

Engorgement

Mastitis

Low milk supply

Loss of confidence

What if the baby is not well latched?

Problems for Baby

Feeding very frequently

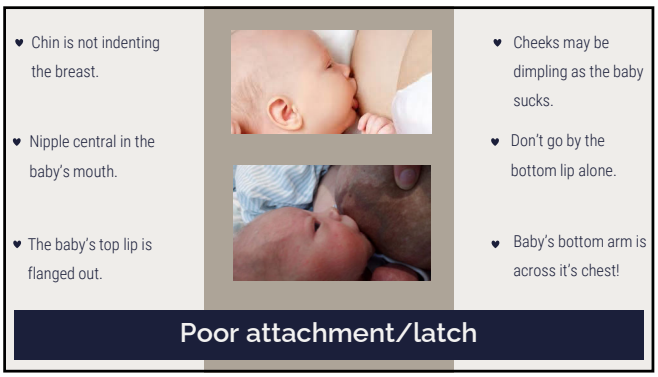
Poor Weight gain

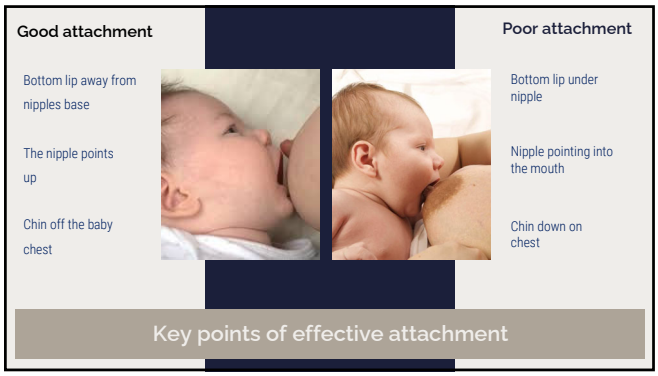
Frustrated

Jaundice

Hypernatreamia

Signs of poor attachment
The bottom lip meets the breast just under the nipple
The first thing the nipple makes contact with is the baby's tongue
The baby's chin is down on the baby's chest


Chin is not indenting the breast.
Nipple central in the baby's mouth.
The baby's top lip is flanged out.
Cheeks may be dimpling as the baby sucks.
Don't go by the bottom lip alone.
Baby's bottom arm is across it's chest!
Poor attachment/latch


Good attachment
Bottom lip away from nipples base
The nipple points up
Chin off the baby chest
Poor attachment
Bottom lip under nipple
Nipple pointing into the mouth
Chin down on chest
Key points of effective attachment

Good attachment!

Good attachment!