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### **How to Latch the Baby**

1. Hold the baby by the shoulders. His ear, shoulder and hip should be in a straight line.
2. Put the baby's hands on each side of the breast.
3. Hold the breast with the thumb opposite baby's nose and the four fingers opposite baby's chin. In the cross cradle it is almost at 3 and 9 o'clock on the breast. In the football it is approximately 12 and 6 o'clock.
4. There is an imaginary line from the thumb to the nipple to the nose before latching the baby.
5. Make sure the four fingers are far away from the areola.
6. Press gently with the thumb to turn the nipple away from the baby's mouth and nose.
7. Put the nipple under baby's nose NOT the mouth.
8. ***Put baby's chin on the breast.***
9. Gently bring the baby to the breast when ***he roots leading with the chin.***
10. Use support under your arm or baby's head with a blanket roll if necessary. Keep several blanket rolls secured with rubber bands near by. Hand holding the breast puts the blanket roll in place AFTER the latch is "set" i.e. baby is securely on the breast and nursing.

Try to wait for rooting to work with baby's natural instinct to open the mouth wide when latching.

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