

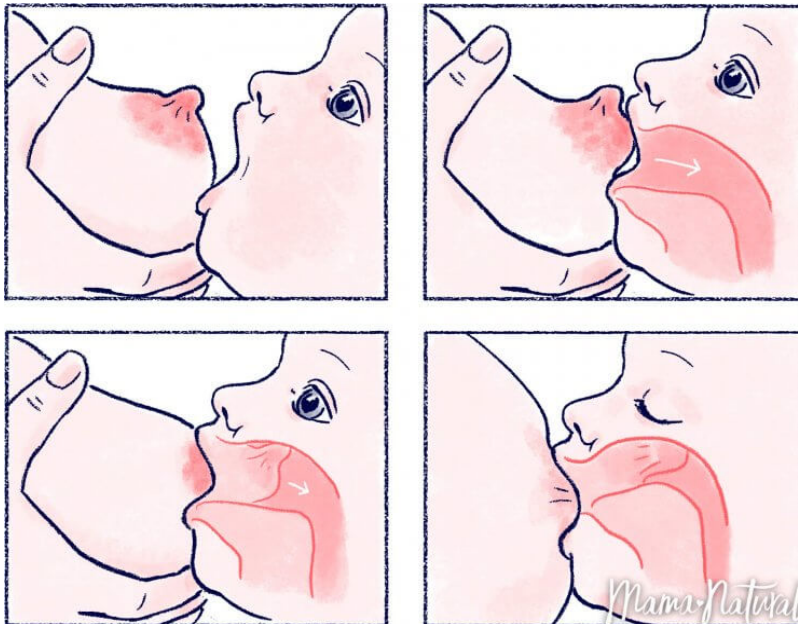
Proper Positioning Checklist During Feeds

Signs baby is positioned well:

- Baby's chin, chest and knees face your breast
- Baby's mouth is open wide as in a yawn
- Baby's tongue is over his lower gum
- Baby's lips curl out like the lips of a fish
- Full cheeks
- Baby's nose and cheeks may lightly touch your breast
- You hear or see your baby swallow when she breastfeeds
- Your nipples may look longer right after you breastfeed, but they should not be flattened or creased
- If you feel pain, it is only at the start of a feeding

Signs that baby is positioned poorly:

- Baby's chin, chest or knees do not face your breast
- Baby's mouth is barely open
- Baby's tongue is behind lower gum
- Baby's lips curl in
- Baby's chin barely touches breast
- You can't hear or see your baby swallow when she breastfeeds
- Your baby makes a clicking sound when she breastfeeds
- Your baby's cheeks dimple when she breastfeeds
- Your nipples are flattened or creased after you breastfeed
- You feel pain throughout the feeding



See also: Proper Latch Checklist & Positions to help with plugged ducts