

Position and Latch

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Training goal:

Participants should be able to identify an effective and comfortable latch for mother and infant.

Content:

- Define various aspects that describe an asymmetrical latch
- Review a proper latch, step-by-step, using pictures to illustrate
- Review infant's signs of proper latch with milk transfer
- Review maternal signs of proper latch with milk transfer
- Discuss supportive and effective ways to assist the mother-infant couplet
- Discuss negative ways of offering support or assistance

Implementation:

- Define aspects of various, proper positioning techniques
- View pictures of challenging latch situations and offer solutions
- View and assess pictures of babies in various and challenging positions at the breast
- Allow students to demonstrate the proper position and latch to the group using a baby doll and cloth breast model

Resources:

- [LATCH Breastfeeding Documentation Tool, Jensen D. et al. "LATCH: Breastfeeding Charting System," JOGNN, Jan/Feb 1994](#)
- [Breastfeeding Guide: How to Get Off to a Great Start](#)
- [Office on Women's Health, U.S. Department of Health and Human Services](#)

Supplies:

- Cloth breast model(s) and baby doll(s)