

Positioning and Attachment

It is very important that baby is effectively positioned and attached at the breast.

This ensures that:

- Baby gets the milk easily
- Mother's milk supply is established
- Mother doesn't get sore nipples

When positioning think CHINS

Ensure baby is positioned with all of the following points included:

- C** Baby is held **C**lose to mother.
- H** Head is free to tilt back.
- I** In a straight line (head and body are in alignment).
- N** Nose is opposite mother's nipple.
- S** Sustainable support for the mother's arm, or baby with a pillow if necessary after the baby attached.

Resources

Midwives!

You may want to demonstrate positioning with a doll and knitted breast.



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It is very important that baby is effectively positioned and attached at the breast.

How the baby attaches to the breast

- Wait for the baby to have a wide open mouth with the tongue down
- Bring the baby quickly to the breast
- Baby's chin and lower lip touch the breast first
- Aim the nipple towards the roof of the mouth

When attaching think COLARS

Once the baby is attached, all the following signs must be present to ensure attachment is effective:

- C** The baby's **C**hin indents the breast.
- O** The baby's mouth is **O**pen wide.
- L** The baby's lower **L**ip is turned back.
- A** If any of the **A**reola is visible, more areola is visible above the top lip.
- R** The baby's cheeks full and **R**ounded.
- S** The baby **S**ucks slowly in a rhythm with pauses. After the initial latch-on, feeding is pain free.



Resources

Visual Learning Guides

Use 'Off to the Best Start' or the Mother's Guide to Breastfeeding pages on attachment to assist visual learning.

