

# NUTRITION

On Your  
Own

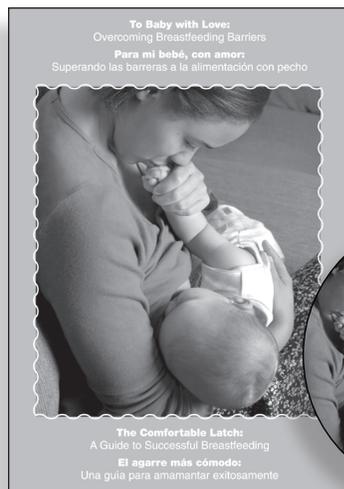
Self-Paced Lesson

SP-000-25 02/2007



## The Comfortable Latch: A Guide to Successful Breastfeeding Take-Home Class

*(Requires a DVD player)*



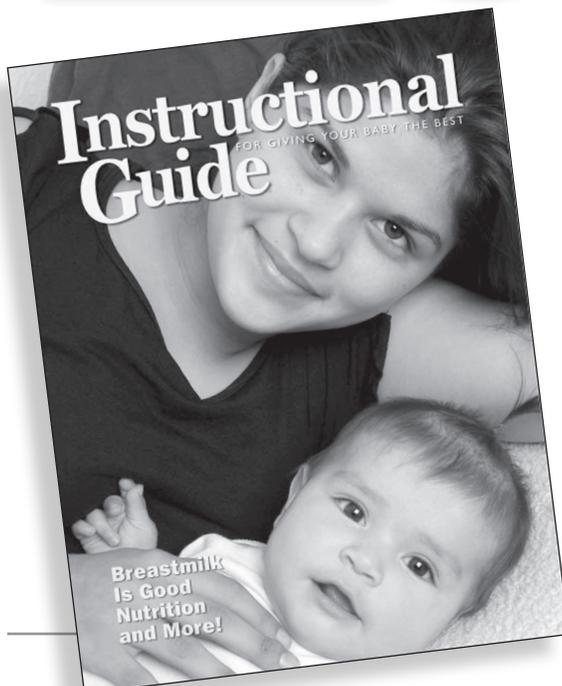
Welcome to The Comfortable Latch: A Guide to Successful Breastfeeding take-home class. This class will show you how to feed your baby using the chin-led latch method. It's a way to bring your baby onto your breast so that his chin contacts your breast first, so he'll get plenty of milk, and so you'll be comfortable. Please invite your partner, mother, and other friends and family members to take the class with you.

### Materials that should be attached to this lesson:

- The Comfortable Latch: A Guide to Successful Breastfeeding DVD
- Instructional Guide for Giving Your Baby the Best booklet
- A list of places to call for breastfeeding help

### To get credit for this class:

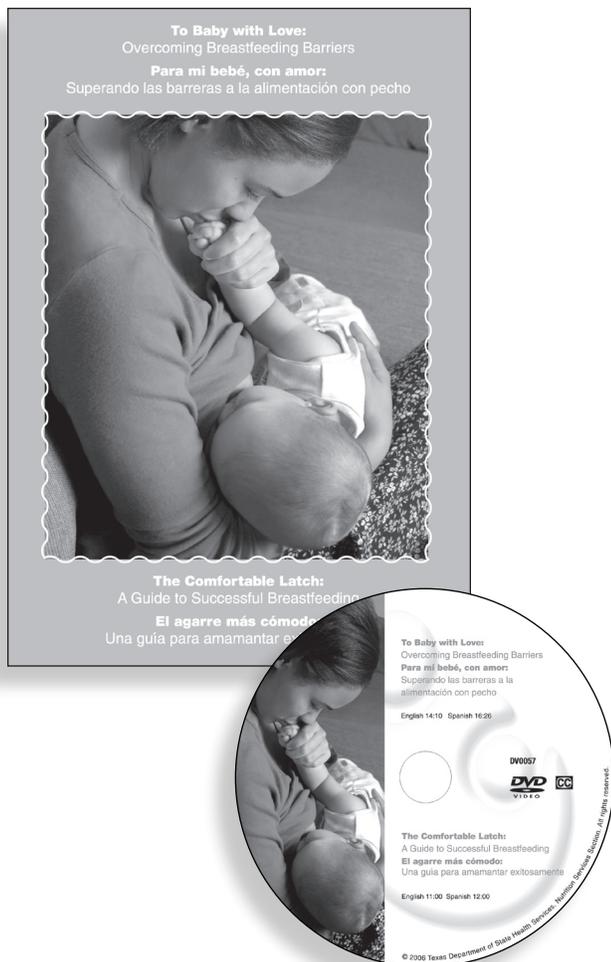
1. Follow the 5 easy steps.
2. Bring your completed lesson to your next WIC appointment.



## **STEP 1: Invite family & friends to do this short class with you!**

A great support system is one of the keys to successful breastfeeding. Invite your partner, your mother, and any other family members or friends who will be helping you after you have your baby to complete the class with you. The more they know about breastfeeding, the more confident they'll feel about helping you after the baby arrives. And besides, it'll be more fun to complete the lesson together!

## **STEP 2: Watch DVD Program, The Comfortable Latch: A Guide to Successful Breastfeeding**



## **STEP 3: Read this section aloud to family or friends taking the class with you while you do the demonstrations together**

To demonstrate why the chin touching the breast first helps the baby open wider and take in more of the breast, hold your hands up in front of you like you're holding a big sandwich.

First, hold your sandwich down by your chest. Now look straight down and try to take a big bite out of your sandwich. You can't open very wide can you? Now just try to swallow while looking down. See how hard it is to open wide and swallow when your chin is tucked into your chest?

Now bring your sandwich above the top of your head and try to take a bite out of it while looking straight up – or just try to swallow. You may be able to open your mouth wider but it's just as hard to swallow, isn't it?



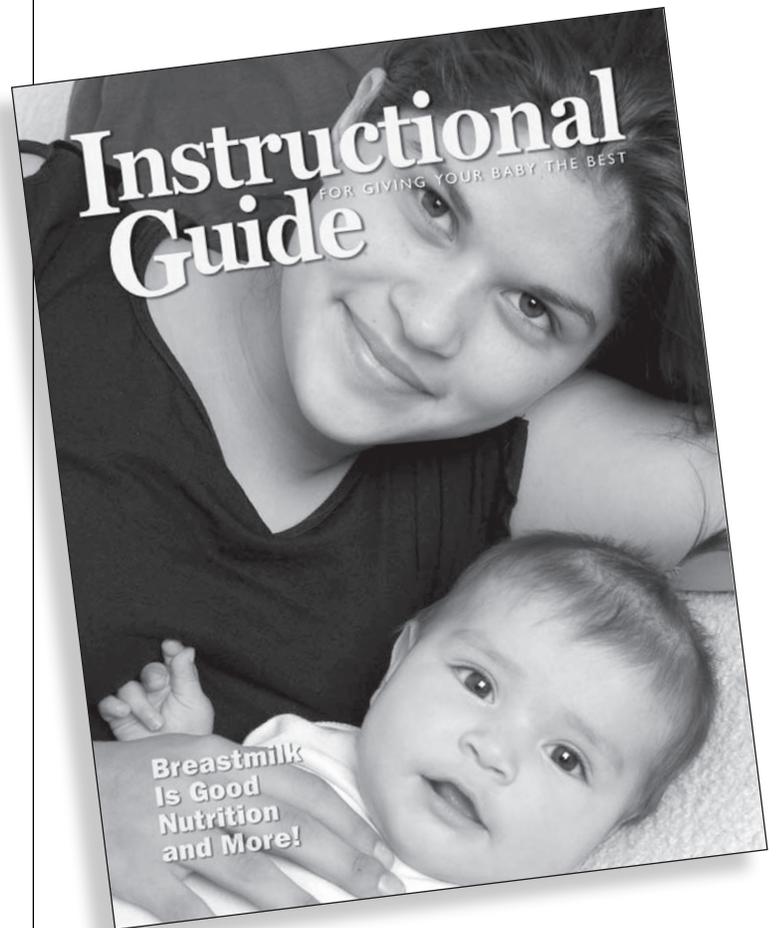
Now hold your sandwich right in front of your nose – almost touching your nose. Now very slowly reach up and pretend to take a big bite out of your sandwich. See how your chin comes towards the sandwich first and your nose tips slightly away? See how much wider you can open your mouth? You can take in a lot more of the sandwich this way, right?

That's exactly how a baby needs to latch on to his mother's breast - so he can take in a lot of breast and so his mother's nipples won't get pinched or sore. So again - the key to successful and comfortable breastfeeding is all in the latch – the way the baby attaches to the breast. Babies just need a little help with this until they're big and strong enough to control their own head movements.

If your nipple looks pinched, flattened or creased when it comes out of your baby's mouth, that means your baby has been trapping the tip of your nipple towards the front of his mouth. Your baby needs to take in a little more breast tissue in order to get the tip of your nipple to the back of his throat so that you don't get sore.

#### **STEP 4: Look at your Instructional Guide for Giving Your Baby the Best and list of places to call for breastfeeding help.**

If you're not sure you're doing it right, take a look at your Instructional Guide for Giving Your Baby the Best. Ask your partner or a family member if your baby looks the same latched on to your breast as the babies in the instructional guide. If you're still not sure you are doing it right or are having any pain, call your WIC office or someone on your list of places to call for breastfeeding help. A trained breastfeeding counselor may need to see how you're holding and latching your baby onto your breast in order to help you.



**STEP 5: Answer these questions.**

Please answer the following questions about *The Comfortable Latch: A Guide to Successful Breastfeeding* by circling the correct answer or answers. Some questions may have more than one correct answer. You can ask your partner, mother, and anyone else who took the class with you to help you answer the questions.

1. What did the DVD say about why the placement of the baby's chin on the breast is so important for successful and comfortable breastfeeding?
  - a. Because the baby's lower jaw does all the work.
  - b. Because it allows the baby to open wider and draw more of the breast into his mouth, getting the nipple further back into his mouth.
  - c. Because it creates an airway for the baby's nose.
  - d. All of the above.
2. Once the feeding is over, what are some ways you can tell if the feeding went well?
  - a. The nipple looks the same coming out of the baby's mouth as it did going in.
  - b. The baby ends the feeding himself.
  - c. The baby looks satisfied or "milk-drunk" and relaxed.
  - d. The baby's lips may be shut tight and his hands will be more relaxed.
  - e. All of the above.

3. Were you able to get any family members or friends to participate in the class?
  - a. Yes   b. No
4. If yes, who participated?  
*(Circle all that apply.)*
  - a. Your partner
  - b. Your mother
  - c. Your father
  - d. Your sister
  - e. A friend
  - f. Other \_\_\_\_\_
5. Did you like this class?
  - a. Yes   b. No
6. Do you think this is a good class to offer to women in the WIC program?
  - a. Yes   b. NoWhy or why not? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. Would you like to do more of your WIC classes at home like this one?
  - a. Yes   b. No

Comments \_\_\_\_\_  
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*Bring this completed lesson to your next WIC appointment to receive your food benefits.*