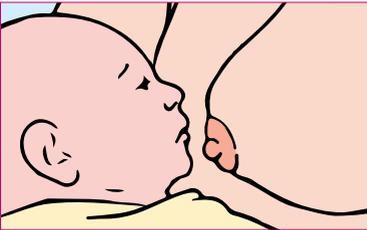
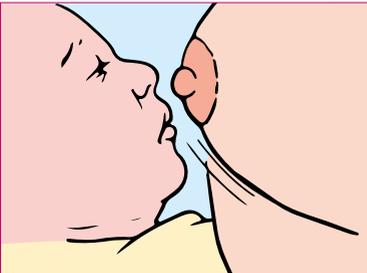


# Helping baby breast/chest feed – positioning and attachment

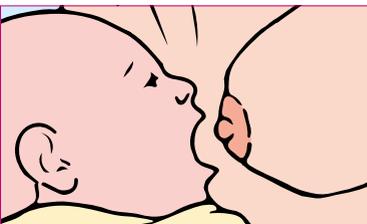
## Information for women, birthing parents and non-gestational parents



- Hold your baby close to your body, in a straight line so their neck is NOT twisted.
- Place your hand on their neck and shoulders to support them.
- Don't hold/touch their head – baby needs to be free to tip their head back so they can open their mouth wide.



- Aim baby's nose to your nipple. This should stimulate baby to root and start to move their head back to latch.
- When baby's mouth is open, whilst holding their neck/shoulders, guide them swiftly (chin first) to the breast/chest.
- Baby's chin should connect with your body – and their mouth will go up and onto your breast.



- Inside baby's mouth – your nipple should rest at the top and back of their mouth, on the soft palate – this ensures feeding is comfortable.
- Baby's bottom lip should be 2-3cm away from the base of your nipple and if you can see your areola it should be above baby's top lip, so baby has a deeper latch.



### Just right:

- No pain after first ten seconds of a feed.
- Full round cheeks.
- Baby's chin touches your breast/chest.
- 2:1 suck/swallow ratio after around day 3. **(You do not need to tickle baby to make them feed – they will feed due to the flow of milk, and your nipple touching the rear roof of their mouth).**

**Painful?** Help baby de-latch and start again from nose to nipple

## How do I know my baby is getting enough milk?

**After first 24 hours** – feeds at least 8 times in 24 hours. Weighing will take place in the first two weeks.

### Wet nappies:

- **Day 1-2** – **one or two** or more per day urates may be present.
- **Day 3-4** – **three or more** per day nappies feel heavier, no urates – tell your midwife if nappies have urates at this stage.
- **Day 5-6** – **five or more**, heavy and wet.
- **Day 7 to 6 weeks** – **six or more**, heavy and wet.

### Soiled nappies:

- **Day 1-2** – **one or more** dark green/black 'tar like' meconium.
- **Day 3-4** – **at least two**, changing in colour and consistency – brown/green/yellow, becoming looser ('changing stool').
- **Day 5-6 days old** – **at least two**, yellow.
- **Day 7 to 6 weeks** – **at least two**, at least the size of a £2 coin, yellow and watery, 'seedy' appearance.

**If you have any concerns, please call Maternity Triage on 01623 676170.**

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202601-03-HBB  
Created: March 2022 / Revised: January 2026 /  
Review Date: January 2028