



9 SIGNS BABY HAS A POOR LATCH

1. PAIN OR DISCOMFORT

If breastfeeding is painful, it may indicate a poor latch.

2. SHALLOW LATCH

The baby's mouth should cover a significant portion of the areola, not just the nipple.

3. CRACKED OR SORE NIPPLES

Continuous pain, cracks, or sores on the nipples can indicate an incorrect latch.

4. BABY'S MOUTH POSITION

The baby's lips should be flanged outward, not tucked in or turned under.

5. CLICKING OR SMACKING SOUNDS

Unusual sounds during feeding may suggest a poor latch and ineffective suction.

6. SHORT FEEDING SESSIONS

If your baby seems unsatisfied or finishes feeds quickly, they may not be latching properly.

7. FUSSINESS AND RESTLESSNESS

Difficulty in staying latched, pulling away, or seeming frustrated during feeds could be due to an inadequate latch

8. INADEQUATE WEIGHT GAIN

Insufficient weight gain or slow growth may result from inadequate milk transfer caused by a poor latch.

FINALLY...

9. ENGORGEMENT OR POOR MILK DRAINAGE

If your breasts feel engorged or not well-drained after a feeding, it could be due to an ineffective latch.

If your baby is struggling with a poor latch, please call our office.

We can help!

(806) 570-2666

Advanced Vitality
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AMARILLO, TX