



# Signs of a Good Feeding

**A good latch is the key to a good feeding.  
Regardless of the position you hold your baby, the latch remains the same.**

## Signs of a Good Latch

- The baby has a deep latch with an angle where the lips meet the breast of at least 140°
- Both upper and lower lips are flanged (rolled out)
- Baby's mouth should be full of nipple and as much areola as can fit. More from the bottom of the areola than the top (asymmetrical latch)
- You are comfortable through the feeding. There may be some "latch" pain that subsides quickly
- There is movement in the baby's temples with sucking and the jaw moves up and down an inch or more
- There is slight movement of your breast near the baby's lips



## Signs of a Good Feeding

- Hearing swallowing at least every third suck once the milk comes-in. Seeing milk in the baby's mouth
- Consistent sucking with only brief pauses
- The breasts are softer after feedings
- Appropriate output for age. (1 wet diaper on day 1, 2 wet diapers on day 2, 3 wet diapers on day 3, 6 wet diapers on day 4 and on, and several stools each day)
- Feeling strong, deep, "pulling", sucking, no sharp pain
- Leaking from the other breast or feeling of a "letdown" reflex or noticing a change in the baby's sucking rhythm from faster to slower
- Vigorous sucking on the breast
- Your baby nurses 8 or more times per day (24 hour day)
- Your baby latches easily with minimal attempts and stays latched
- Minimal weight loss during the first few days (<10% of birth weight) and return to birth weight by 2 weeks