

## Effective positioning

### Checklist

**C-** Bring baby CLOSE to your body. Remove any blankets in which baby might be swaddled.

**H-** Ensure baby's HEAD is free so baby can approach your breast chin leading.

**I-** Keep your baby's head and body IN LINE, ensure head and body are not twisted.

**N-** Start out NOSE to Nipple. Brush baby's nose and upper lip against your nipple to encourage baby to open mouth wide