

How to recognize effective attachment and feeding Checklist

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- The baby's mouth is **open widely**
 - The baby's **lower lip is turned outwards**
 - The baby's **chin is indented into the breast**
 - The baby's **cheeks are full and rounded**, no dimples visible
 - You can see **more areola above the baby's top lip** than below the baby's bottom lip
 - The baby's **first few sucks will be quick** to get the milk to flow
 - Once the milk flows, the baby will **suck and swallow deeply and rhythmically** at an average ratio of 1:1 or 2:1 with small pauses in between
 - Mum feels **comfortable**, no pain