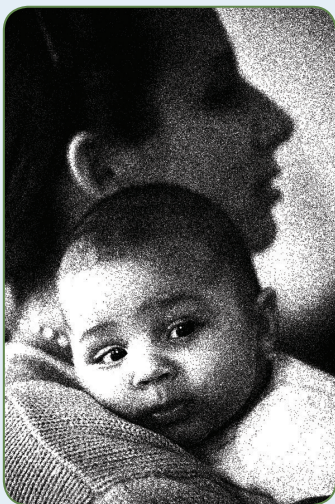


DVD Worksheet, Page 2

Things Are Looking Up

Your baby needs to be looking up at you while she's nursing. Otherwise, she's liable to make a poor latch. And she may well be unable to breathe properly or unable to swallow. Obviously, if she can't breathe and/or swallow, she'll be unable to receive nourishment and that will leave her hungry and may leave you sore and worn out.



He is my son. The future of our family. An extension of his father.

Baby's face and body are aligned in the _____ direction.

Baby's head, shoulder, and hips should be in a _____ line.

Line the baby's _____ up to your nipple.

Baby's face is looking up at your _____.

*** Stop the DVD and practice these techniques.**

5. If the Baby Is Not Looking Up

Poor _____.

Unable to _____.

Unable to _____.

6. Preventing Sore Nipples

_____ positioning at the breast.

Good nipple _____ used right from the first feeding.

_____ the length of feedings in the early days.

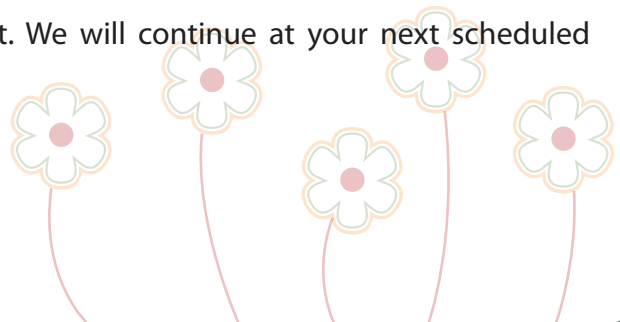
7. How Long Should the Feeding Last?

Day 1 – _____ minutes on each side

Day 2 – _____ minutes on each side

Day 3 – _____ minutes on each side

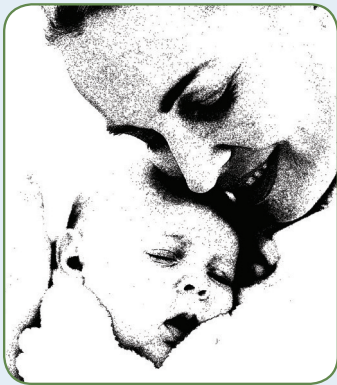
Stop the DVD at Engorgement. We will continue at your next scheduled appointment.



DVD Worksheet Key, Page 1

Look to the Latch

Making sure of the connection – the “latch” you make with your baby – is all important. Get it right and all will be well. Get it wrong and you’ll experience sore nipples and an unsatisfied baby. Be sure you are comfortable and in a proper position to support your baby correctly. Then, make sure he’s properly aligned and looking up at you.



How do I love thee? Let me count the ways. I love thee more than life itself. I am truly blessed.



1. The most common reasons people give for not breastfeeding are, “I was too sore,” “It hurt too much,” “I just couldn’t do it,” OR “I didn’t **make enough milk**.”

2. A slight difference in the way you latch will make a big difference in whether or not you’re going to be successful in breastfeeding. If you’re not latched right, your nipples are going to get sore within a couple of days and that soreness can lead to **giving up**.

3. Name the four nursing positions:

The **clutch** position, or the football position – the baby is tucked under your arm to the side.

The **cradle** position – the baby is across your body cradled with one arm. This often becomes the favored position for an older baby.

Lying down – the baby lies next to you as you nurse, not recommended for a newborn.

The **cross**-cradle position – the best position for a newborn – the baby lies across your chest while you hold the baby’s head with the opposite hand (of the breast you are feeding with) and support your breast with your other hand.

4. Keys to a Successful Latch:

Sit **upright** in a high-back chair with good support.

Support your **breast**.

Knees bent higher than your **hips**.

Use a breastfeeding pillow.

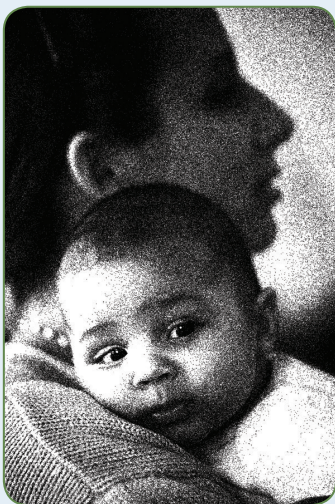
**** Now is a good time to stop the DVD. You will be using the doll and the nursing pillow. Resume playing the DVD. Watch closely and then pause as needed to practice the techniques you are learning.***



DVD Worksheet Key, Page 2

Things Are Looking Up

Your baby needs to be looking up at you while she's nursing. Otherwise, she's liable to make a poor latch. And she may well be unable to breathe properly or unable to swallow. Obviously, if she can't breathe and/or swallow, she'll be unable to receive nourishment and that will leave her hungry and may leave you sore and worn out.



He is my son. The future of our family. An extension of his father.

Baby's face and body are aligned in the **same** direction.

Baby's head, shoulder, and hips should be in a **straight** line.

Line the baby's **nose** up to your nipple.

Baby's face is looking up at your **elbow**.

*** Stop the DVD and practice these techniques.**

5. If the Baby Is Not Looking Up

Poor **latch**.

Unable to **breathe**.

Unable to **swallow**.

6. Preventing Sore Nipples

Proper positioning at the breast.

Good nipple **cream** used right from the first feeding.

Limit the length of feedings in the early days.

7. How Long Should the Feeding Last?

Day 1 – **Five** minutes on each side

Day 2 – **Seven** minutes on each side

Day 3 – **Ten** minutes on each side

Stop the DVD at Engorgement. We will continue at your next scheduled appointment.

