

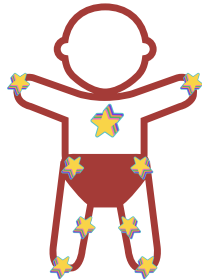
## BUILDING A PARTNERSHIP

Babies are born with skills and reflexes to be active feeding partners. You and your baby are learning to feed together in a partnership. Be patient with yourself and your baby as you learn together. Tap into this partnership, especially if you are having feeding challenges. It will help with feeding no matter how your baby is fed: body, breast, bottle, cup, spoon or syringe/tube.



### STABILITY

ALL humans want to feel stable when we eat, even babies! We would struggle to eat on a bumpy bus ride or a rocking boat. When your baby feels stable, their brain will focus on feeding, not on keeping their body stable.



### YOU ARE YOUR BABY'S STABLE BASE.

Stability needs change over time as your baby develops and your partnership continues to grow. You and your baby should both be comfortable when stable.

**WHEN YOU ARE WORKING ON LATCHING DIRECTLY TO YOUR BODY,** we want your body to be stable and comfortable. Then, we want your baby to be resting securely against you. Babies are the most stable when they are on their tummy. Pay special attention that your baby does not need to tilt their head or twist their body in order to put their face in front of your nipple. The stars in this diagram mark the important points of contact for your baby. Ideally, all of these stars will be in contact with your body before latching.

### LATCHING

Visuals can help, but let your comfort be your guide. Don't focus on the appearance of your baby's lips while they are actively latched. Avoid moving your breast tissue to look at their mouth while latched. If their lips are not right, your nipples will tell you.



Nose-to-Nipple  
&  
Chin-to-Skin



They search & locate  
your nipple,  
then open their  
mouth wide.



To latch, bring their  
chest in closer.  
Their head will  
follow.



A good seal.  
Cheeks & chin in  
full contact.

**IF YOU ARE WORKING ON BOTTLE FEEDING,** stability & partnership are still very important for your baby. See our bottle feeding handouts called:  
"Responsive Bottle Feeding"  
"Elevated Side-Lying Bottle Feeding"

### HERE'S A TIP...

When you have to drink a lot of water,  
what do you do with your head?

You tip it up!

Your baby will do the same  
thing to latch and drink.

Bonus: They will have more  
space for their nose!

The key is...  
Start with your  
nipple above  
their mouth.

When they open  
wide, give them a  
gentle hug to bring their  
chest in closer.

Their neck will tip their  
head for you.