

Positioning and attachment at the breast.

Good attachment will help a baby get more milk and make breastfeeding more comfortable. This video shows why good attachment is so important to breastfeeding success and how help mothers deeply attach the baby to the breast:

[Breastfeeding attachment](#)

Recommended video:

[Positioning and attachment](#)

Getting to a local breastfeeding support is really helpful if you are struggling with the latch, there are breastfeeding counsellors on hand to sit with you and observe you and your baby feeding.

Here is a list of voluntary breastfeeding support groups, it is advisable to ring the number listed to confirm that the meeting is on first:

[Breastfeeding support](#)

During your consultation at The Infant Feeding centre, our Lactation Consultant will spend time with you observing and assessing you and your baby's feeding and will support you by phone after the tongue tie release.