



HOW TO FIX A PAINFUL OR INEFFECTIVE LATCH

“What I am doing isn’t working!!! My shoulders are sore my nipples are killing me. What do I need to change?”
Here’s some examples of positions that people feed in that may not be serving them well. These **micro-adjustments** will likely help to **decrease pain** and help your baby to be more comfortable, which will in turn help you to **make more milk**.

