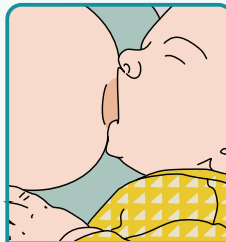
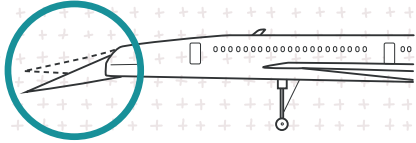


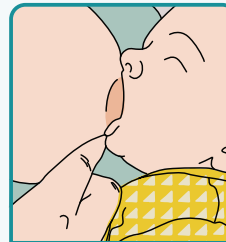
1

A baby with a tongue-tie or receding chin may benefit from a slightly different way to offer your breast. The aim is to get from a pinched nipple to a nice wide grasp.

The Concorde is a way of latching the baby to the breast in order to have a comfortable and effective feed for both of you. Why Concorde? Because you get to angle your nipple like this:



Milkflow blocked, nipple under stress



Milkflow increased, nipple soft and open



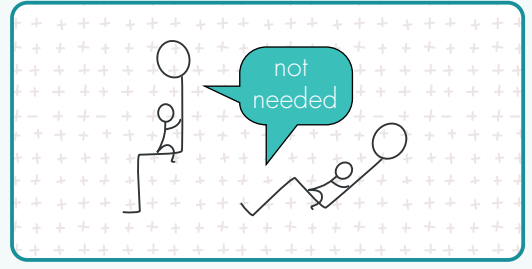
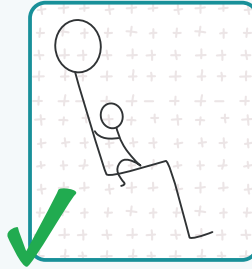
CONCORDE
MANUAL



MYRTE VAN LONKHUIJSEN

2

Sit comfortably, just as you would normally sit with your baby. It can be on the couch, a comfy chair or crosslegged on the floor. Lean back as normal, not completely reclined and not up straight either. Just be you, with your baby. No pillows needed. Feel free to use one to support your arm, but use your body for your baby.

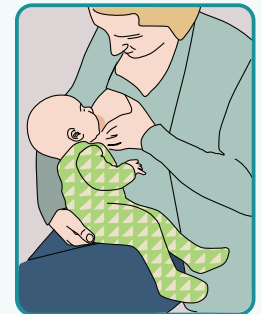
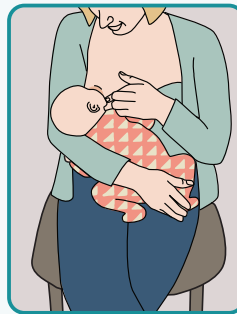


3

Hold the baby in your arm so that he/she is well supported against you:

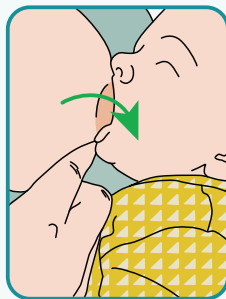
- Your arm parallel to his/her spine
- His/her arms on either side of your breast
- Legs and bottom well supported on your lap

A very young baby probably needs both his/her knees touching your body (peach onesie)
In > 2 months he or she can sit on your lap leaning towards you (green onesie)

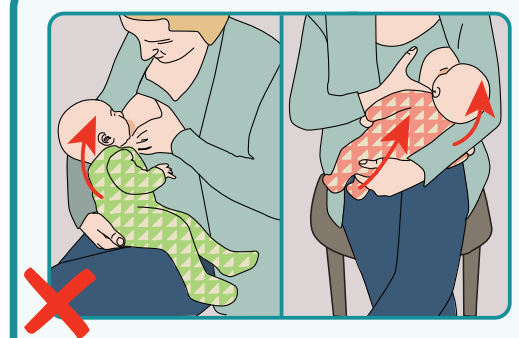


4

Support your breast with your finger parallel to the lower jaw, that is where your baby needs help to get a good latch. Your finger can come quite close to the areola and nipple in order to 'lift' the breast over the lower jaw.

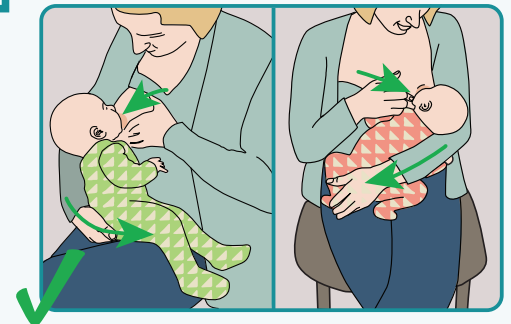


notes:



5

Wait for an open mouth and then coach your baby to come as close as he or she can and will. Start this movement in your baby's lower back and don't push or lift his/her head. The head should tilt mildly backwards. And at the same time gently 'lift' the breast into the mouth. Keep supporting your breast at least the first minutes of the feed and gently help your baby to come and stay close by supporting his or her lower back. Every millimetre helps.



ENJOY THE FEED: RELAX, BREATHE AND ADMIRE YOUR BABY.