

Breastfeeding Assessment Tool (BAT) Parents' Version

Full Name:
 Address:
 HCR: *Addressograph*

This is a breastfeeding assessment tool to guide you while your baby is breastfeeding. The green indicators mean that breastfeeding is 'going well'. The pink indicators may be suggestive of a breastfeeding challenge. If you tick any pink indicators; ask your baby's nurse/relevant healthcare professional to watch a full breastfeed. They can offer advice about how to resolve the breastfeeding challenge. Your baby's medical/surgical condition should be considered when assessing their breastfeeding ability.

Day	Wet Nappies	Stools	Day	Wet Nappies	Stools	
1	1+ (over 24 hours)	1+ black	4	4+	3-4+ greenish or yellowish	
2	2+	2+ black	5	5+	Stools should turn yellow	
3	3+	3+ black or greenish	6 days – 6 weeks	6+ (pale, yellow or clear urine)	3-8+ yellow, seedy, runny to loose daily	
			6 weeks – 6 months		3-5+ yellow, soft (make thicken over time), daily but may skip days	
Indicator	Indication of effective feeding (Green Indicators)			Answer suggest a feeding challenge (Pink Indicators)		
1	Infant's Urinary/Stool Output	As per table above			Not within table limits above	
2	Weight (post initial birth loss)	No more than 7-10% of birth weight loss; regained birth weight by day 14; otherwise gaining weight 30-35g per day			Weight loss > than 10%; gaining less than 30-35g per day	
3	Infant Colour & Tone	May have evidence of normal physiological jaundice. Centrally & peripherally pink/ normal for infant's condition. Baby has good tone			Jaundice not improving or worsening. Baby has poor tone	
4	Infant Alertness	Alert when awake, wakes to feed, engages in the feeding process			Lethargic to feed, not waking to feed	
5	Number of breastfeeds	Baby breastfeeds on demand or is fed responsively according to early feeding cues with at least 8-12 feeds in a 24 hour period.			Fewer than 8 feeds in last 24 hour period	
6	Infant's latch	Correct: full cheeks, lower lip flanged out, if any areola visible more so on top than bottom			Incorrect: sunken cheeks, lips flanged in, minimal amount of areola in mouth	
7	Infant position	Head, neck and body in alignment			Gap between parent & infant; head, neck and body not in alignment	
8	Sucking pattern during feeds	Initial rapid sucks changing to slower sucks with pauses and audible regular, soft swallowing (may be less audible until milk comes in)			No change in sucking pattern or noisy feeding (e.g. clicking)	
9	Infant's behaviour during and after feeds	Baby is generally calm and relaxed Baby is content after most feeds			Baby comes on & off/ is unsettled during the breastfeed/ refuses to breastfeed. Unsettled after feeds	
10	Length of feeds	5-40 minutes at most feeds			Feeds for < than 5 minutes or > than 40 minutes	
11	End of feeds	Baby lets go spontaneously, or does so when breast is gently lifted			Baby does not release breast spontaneously; parent removes baby	
12	Offered 2 nd breast	Second breast offered as recommended when establishing milk supply. Baby feeds from second breast or not according to appetite			Parent restricts infant to one breast per feed; insists on two breasts per feed	
13	Parent's report of their breasts & nipples	Breasts are comfortable with no redness, lumps or areas of tenderness. Nipples are intact. Nipples same shape when feed began or slightly elongated			Breast engorgement. Mastitis. Nipples sore or damaged. Nipples are misshapen or pinched at end of feeds. If yes, state which:	
14	Use of soother/ nipple shields/ formula	None used			If yes, state which and explore why e.g. Attachment difficulty? Infant not growing? Infant unsettled?	

Every breastfeed makes a difference. Your breast milk gives your baby all the nutrients they need for around the first 6 month of life (except for Vitamin D).

Your breast milk continues to be an important part of their diet, along with other foods, up to 2 years and beyond.