

Breastfeeding Assessment Tool

Full Name:
 Address:
 HCR:
Addressograph

Goal:	To ensure that the parent is breastfeeding effectively and highlight any issues or concerns they may have with breastfeeding
Frequency of completion:	<input checked="" type="checkbox"/> On admission <input checked="" type="checkbox"/> Once per shift, or per day, until breastfeeding established to a level parent is happy with +/- clinical judgement <input checked="" type="checkbox"/> Weekly until discharge
Actions:	Provide parent with a copy of the HSE booklet 'Breastfeeding – a good start in life'. If any responses in the pink column are ticked - observe a full breastfeed. Document the assessment outcomes and advice given in nursing notes. Discuss any additional concerns with a Breastfeeding Champion/senior staff member.

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 suggestive a breastfeeding 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 2nd 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?

