

Breastfeeding Assessment Form

How you and your Healthcare professional can recognise that your baby is feeding well		By day 10-14
What to observe/ask about	√/X	
Nappies		
Urine output – at least 6 wet, heavy nappies in 24 hours		<i>Stools: Around 6 weeks when breastfeeding is more established, this may change with some babies going a few days or more without stooling. Breastfed babies are never constipated and when they do pass a stool it will be soft, yellow and abundant.</i>
Dirty nappies/Stools – 2 or more in 24 hours, £2 coin size, soft & yellow		
Feeds		
8 - 12 feeds (at least) in last 24hours		<i>See responsive feeding insert</i>
Feeds for 5 – 40 minutes at most feeds & comes off breast spontaneously		
Baby takes deep rhythmic sucks & you will hear swallowing		<i>Initially there are rapid sucks, quickly changing to a 1:1 or 2:1 suck/swallow ratio (may have pauses in between). Right at the end of the feed, there may be flutter sucking.</i>
Generally calm & relaxed during feeds and content after most feeds		
Mum offering 2 nd breast – baby feeds, or not, according to appetite		
Your baby		
Baby has normal skin colour, alertness		<i>waking for feeds & good tone</i>
Is gaining weight		<i>Has regained birth weight by 3 weeks old</i>
Your breasts		
Nipples are same shape at end of feed as the start		
Nipple shields not used, or only used for short term		<i>Use of a dummy can mask hunger cues and therefore possible detrimental effects on lactation.</i>
No dummy use until breastfeeding established (6-8weeks)		
Breasts & nipples comfortable.		<i>Hand expression, why its useful & how to do it</i>

If any responses not ticked: watch a full breastfeed, develop a care plan including revisiting positioning and attachment and/or refer for additional support.

Care plan (refer to specialist support where needed):

Name of HCP:

Date:

Infant feeding and relationships: Responsive Breastfeeding

Feeding Cues

Developed by Women's and Newborn Services
Royal Brisbane and Women's Hospital

Early Cues - "I'm hungry"



Stirring



Mouth opening



Turning head
Seeking/rooting

Mid Cues - "I'm really hungry"



Stretching



Increasing physical
movement



Hand to mouth

Late Cues - "Calm me, then feed me"



Crying



Agitated body
movements



Colour turning red

Responsive breastfeeding supports the development of a reciprocal, close, loving relationship between you and your baby.

It means putting your baby to your breast whenever you want or when:

- ▶ baby shows feeding cues
- ▶ baby is distressed or lonely
- ▶ your breasts are full
- ▶ you simply want to sit down and cuddle

Breastfed babies cannot be overfed or 'spoiled' by frequent feeding.

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What to look for:

Keep baby close to you so that you can recognise his feeding cues:

- ▶ rapid eye movements,
- ▶ sucking fingers and fists,
- ▶ rooting (opening their mouth as though they were about to breastfeed),
- ▶ moving and wriggling.

These are all signs that your baby is getting ready for a feed.

- ▶ Crying is the last sign of hunger and by then your baby may be too distressed to feed effectively. Try to soothe him before you offer a feed. Skin to skin contact is great for calming your baby at any time.

Conversations with your Healthcare professional

All mothers:

Building a happy baby: the importance of closeness & responsiveness for you and your baby	
How best to hold your baby for feeding	
How to be sure your baby is feeding well	
Where you can access feeding and other support for mums and babies	
Has vitamin D been discussed?	
Caring for your baby at night	
Milk only until 6 months, the introduction of solids foods at around 6 months.	NB
When and how to access support for this discussed at the 6 week contact	6W



Breastfeeding mothers:

The value of breastfeeding for feeding, comforting and protecting your baby	
Maximising the amount of breastfeeding your baby gets	
Responsive feeding –reciprocal relationship –more than just food (discuss insert)	
Hand expressing your breastmilk-why it can be useful and how to do it	
Breastfeeding when out and about with your baby –tips to make it easy	
How to continue breastfeeding if you are return to work	

If you are giving your baby formula:

How to sterilise equipment and make up feeds safety	
Using first milks for your baby throughout the first year	
Responsive feeding-enabling your baby to tell you how much they need (discuss insert)	
Why it is best to limit the number of people who feed your baby	