BREASTFEED OBSERVATION AID

Mother's name _____   Date _____

Baby's name _____   Baby's age _____

Signs that breastfeeding is going well:	Signs of possible difficulty:

GENERAL

Mother:
- ☐ Mother looks healthy
- ☐ Mother relaxed and comfortable
- ☐ Signs of bonding between mother and baby

Baby:
- ☐ Baby looks healthy
- ☐ Baby calm and relaxed
- ☐ Baby reaches or roots for breast if hungry

Mother:
- ☐ Mother looks ill or depressed
- ☐ Mother looks tense and uncomfortable
- ☐ No mother/baby eye contact

Baby:
- ☐ Baby looks sleepy or ill
- ☐ Baby is restless or crying
- ☐ Baby does not reach or root

BREASTS

- ☐ Breasts look healthy
- ☐ No pain or discomfort
- ☐ Breast well supported with fingers away from nipple
- ☐ Nipple protractile

- ☐ Breasts look red, swollen, or sore
- ☐ Breast or nipple painful
- ☐ Breasts held with fingers on areola

- ☐ Nipple flat, not protractile

BABY'S POSITION

- ☐ Baby's head and body in line
- ☐ Baby held close to mother's body
- ☐ Baby's whole body supported
- ☐ Baby approaches breast, nose to nipple

- ☐ Baby's neck and head twisted to feed
- ☐ Baby not held close
- ☐ Baby supported by head and neck only
- ☐ Baby approaches breast, lower lip/chin to nipple

BABY'S ATTACHMENT

- ☐ More areola seen above baby's top lip
- ☐ Baby's mouth open wide
- ☐ Lower lip turned outwards
- ☐ Baby's chin touches breast

- ☐ More areola seen below bottom lip
- ☐ Baby's mouth not open wide
- ☐ Lips pointing forward or turned in
- ☐ Baby's chin not touching breast

SUCKLING

- ☐ Slow, deep sucks with pauses
- ☐ Cheeks round when suckling
- ☐ Baby releases breast when finished
- ☐ Mother notices signs of oxytocin reflex

- ☐ Rapid shallow sucks
- ☐ Cheeks pulled in when suckling
- ☐ Mother takes baby off the breast
- ☐ No signs of oxytocin reflex noticed

Notes: