Breastfeeding assessment form

How you and your health visitor can recognise that your baby is feeding well				This assessment tool was developed for use in or around day 10-14
What to look for/ask about	√	√		**Wet nappies:** Nappies should feel heavy. To get an idea of how this feels take a nappy and add 2-4 tablespoons of water as this will help you know what to expect.
Your baby: has at least 8 -12 feeds in 24 hours				
is generally calm and relaxed when feeding and content after most feeds				
will take deep rhythmic sucks and you will hear swallowing				**Stools/dirty nappies:** By day 10-14 babies should pass frequent soft runny yellow stools every day with 2 stools being the minimum you would expect. After 4-6 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 still be soft, yellow and abundant.
will generally feed for between 5 and 40 minutes and will come off the breast spontaneously				
has a normal skin colour and is alert and waking for feeds				
Has regained birth weight				
Your baby's nappies: At least 6 heavy, wet nappies in 24 hours				
At least 2 dirty nappies in 24 hours, at least £2 coin size, yellow and runny and usually more				
Your breasts:				**Feed frequency:** Young babies will feed often and the pattern and number of feeds will vary from day to day. Being responsive to your baby's need to breastfeed for food, drink, comfort and security will ensure you have a good milk supply and a secure happy baby.
Breasts and nipples are comfortable				
Nipples are the same shape at the end of the feed as the start				
How using a dummy/nipple shields/infant formula can impact on breastfeeding?				
Date				**Care plan commenced:** Yes/No
Health visitor initials				
Health visitor: If any responses not ticked: watch a full breastfeed, develop a care plan including revisiting positioning and attachment and/or refer for additional support. Consider specialist support if needed.				