

UNICEF UK BABY FRIENDLY INITIATIVE

EXPRESSION ASSESSMENT FORM



If any responses in the right-hand column are ticked, refer to specialist practitioner. Additional concerns should be followed up as needed. Please date and sign when you have completed the assessments.

<i>Mother's name:</i>	<i>Baby's name:</i>	<i>Date of assessment:</i>				<i>Birth weight:</i>				
	<i>Date of birth:</i>					<i>Gestation:</i>				
What to observe/ask about	Answer indicating effective expressing	✓	✓	✓	✓	Answer suggestive of a problem	✓	✓	✓	✓
Frequency of expression	At least 8-10 times in 24 hours including once during the night.					Fewer than 8 times. Leaving out the night expression.				
Timings of expressions	Timings work around lifestyle – cluster expressing, no long gaps between expressions.					Frequent long gaps between expressions. Difficulty 'fitting in' 8 expressions in 24 hours.				
Stimulating milk ejection	Uses breast massage, relaxing, skin contact and/or being close to baby. Photos or items of baby clothing to stimulate oxytocin.					Difficulty eliciting a milk ejection reflex. Stressed and anxious.				
*Hand expression	*Confident with technique. Appropriate leaflet/information provided.					*Ineffective technique observed. Mother not confident.				
Using a breast pump	Access to electric pump. Effective technique including suction settings, correct funnel fit. Double pumping (or switching breasts) to ensure good breast drainage. Uses massage and/or breast compression to increase flow.					Concern about technique. Suction setting too high/low, restricting expression length, funnel too small/large.				
Breast condition	Reports breast fullness prior to expression which softens following expression. No sore areas or nipple trauma.					Breasts hard and painful to touch. Evidence of friction or trauma to nipple.				
Milk flow	Good milk flow. Breasts feel soft after expression.					Milk flow delayed and slow. Breasts remain full after expression.				
Milk volumes	Gradual increases in 24 hr volume at each assessment.					Milk volumes slow to increase or are decreasing at each assessment.				

***Hand expression may not need to be reviewed every time**

Date	Information/support provided	Signature