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Breastfeeding: an assessment tool for parents and staff:
recognising your baby / child is feeding well and if support is needed.

Form developed for use with babies born after 37 weeks gestation and throughout the time they are breastfed.
Your MW or HV will go through this form with you.

Mother/parent/carer - If any responses unticked, you may want to seek support.

General health and wellbeing – Your baby / child:					✓	✓	✓	✓
Has wet nappies (pee).	Days 1-2 = 1-2 or more in 24 hrs.	Days 3-4 = 3-4 or more in 24 hrs, heavier.		Day 6+ = 6 or more in 24 hrs, heavy (feels like 2-4 tablespoons of water in a nappy).				
Has dirty nappies (poo). Breastfed babies should not be constipated.	Days 1-2: 1+ in 24 hrs, dark black / meconium.	Day 3-4: 2+, colour. changing and more yellow.	By Day 5: At least 2 soft, runny, yellow poos each day.	After 4-6 weeks: Poo may change when breastfeeding is more established. Some babies may go a few days or more without pooing.				
Baby is no longer jaundiced by 2 weeks (for babies born at 37 weeks or more) or 3 weeks (for babies born at less than 37 weeks).								
Has re-gained birthweight by day 14 with ongoing appropriate weight gain / growth (see feeding plan / growth charts in back of Red book).								
Is alert and waking for feeds: • Day 1: At least 3-4 feeds • After Day 1: At least 8 feeds in 24 hours Young babies feed often and the pattern / number varies daily, however there should be at least 8 feeds in 24 hours. Being responsive to your baby's need to breastfeed for food, comfort and security will promote a good milk supply, a secure, happy baby and support their brain development. Mothers can also be responsive and offer feeds for their own convenience / comfort. • After 4-6 weeks: Babies often settle into their own feeding pattern. This is fine as long as weight gain and nappies are appropriate. Frequency may increase when infants are unwell or if the mother is experiencing feeding difficulties.								
Is generally calm / relaxed when feeding and content after most feeds.								

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General health and wellbeing – Your baby / child:	✓	✓	✓	✓
From Days 3-4, takes deep, rhythmic sucks with pauses and swallows after every couple of sucks (sucks can be rapid at the start and fluttery towards the end of feeds).				
Generally feeds for 5-40 minutes; may feed from both breasts and comes off the breast themself.				
Wellbeing – You (Mother):				
Has pain-free feeds, comfortable breasts, and nipples are not pinched after the feed.				
Feels emotionally and physically well.				
Protecting the milk supply – You (Mother):				
Is aware of the impact of dummies, nipple shields and formula on breastfeeding and the value of frequent exclusive breastfeeding.				
If giving expressed breastmilk and / or mixed feeding, knows how to protect milk supply (expressing, skin-to-skin, continuing night feeds) and how to offer bottle feeds safely and responsively (see bottle feeding assessment tool).				
Mother/parent/carer: If any responses unticked, you may want to seek support. **Staff:** Consider watching a full breastfeed and developing a care plan (document in blue pages) including revisiting positioning and attachment. Refer for support and arrange to review / consider specialist support.				
Care plan commenced with plans to review (Y / N, Name, Date):				
You may also want to discuss at any time: Continuing to breastfeed and achieving your own goals. Introducing solids at or around 6 months. Suitable foods and feeding methods alongside breastfeeding. Breastfeeding out and about. Returning to work. Managing night feeds. Awareness of local support and specialist support as needed. Oral health. Use of open cups / beakers. Healthy Start scheme which includes vitamins.				