

BREASTFEEDING EVALUATION FORM

Date: _____

Mother's name: _____ Baby's name: _____

Baby's age: _____ Weight: _____

Born at term Born preterm Gestation at birth? _____ weeks.

Birth weight: _____ Type of birth: _____

Additional relevant information:

General Observations:	Yes	No	Comments:
Mother looks healthy			
Mother relaxed and comfortable			
Signs of bonding between mother and baby			
Baby looks healthy			
Baby calm and relaxed			
Baby reaches or roots for breast if hungry			
Breasts look healthy			
No pain or discomfort			
Breast well supported with fingers away from nipple			
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			
More areola seen above baby's top lip			
Baby's mouth open wide			
Lower lip turned outwards			
Baby's chin touches breast			
Slow, deep sucks with pauses			
Cheeks round when suckling			
Baby releases breast when finished			
Mother notices signs of oxytocin reflex			

**Any negative answer should be discussed and reassessed alongside a full clinical assessment.*

Reference: *Infant & Young Child Feeding Counselling: An Integrated Course Session 4 – Assessing a breastfeed.*

Clinical Observations:	Yes	No	Comments:
Urine Output: At least 6 heavy wet nappies in the past 24 hours			
Appearance and frequency of stools: 2 or more in 24 hrs; normal appearance and consistency (Unreliable sign if breastfed baby older than four weeks of age)			
Baby's color, alertness and tone: Good skin color and tone; alert			
Weight: Gaining weight			
Number of feeds in past 24 hours: A minimum of 6 – 8 breastfeeds			
Baby's demeanor during breastfeeds: Generally calm and relaxed			
Sucking pattern during breastfeed: Initially rapid changing to slower rhythm with pauses and soft swallowing			
Length of breastfeed: 5 to 30 minutes for the majority of breastfeeds			
End of the breastfeed: Releases breast spontaneously, or does so when breast is gently lifted			
Second breast is offered each feed? Second breast offered, feeds from second breast depending on appetite			
Baby's demeanor after feeds: Contented/settled after most feeds			
Shape of nipple when latch released: Nipple shape not pinched nor misshapen			
Breast and nipple condition: Breasts and nipples all comfortable			

If any boxes in right-hand column are ticked on this page, it is essential to observe another full breastfeed and develop an individualized plan of care, including revisiting positioning and attachment and/or referring appropriately. Any additional concerns about the baby's well-being should be followed up as necessary.