

Checklist to assess competency for teaching breastfeeding skills:

Name of Health Worker: _____ Date of Assessment: _____

Please demonstrate how you teach a mother that her baby is positioned, aligned and attached well to the breast and breastfeeding effectively.

Positioning and Latching Checklist

<i>Standard identified</i>	<i>Comments</i>	<i>Yes</i>	<i>No</i>	<i>N/A</i>
Mother sitting comfortably				
Baby's whole body is supported				
Baby turned towards mother				
Baby at same level as the breast				
Nipple centred at level of baby's nose				
Waited for wide gape				
Tongue identified to be down				
Bring baby to breast – not breast to baby				
Baby held close to mother				
Chin tucked in to breast				
Nose free of breast				

Signs of good latch:

<i>Standard identified</i>	<i>Comment</i>	<i>Yes</i>	<i>No</i>	<i>N/A</i>
Mouth wide open				
Lips flanged out				
More areola below nipple is in mouth				
Tongue over lower gum				
Checks for signs of effective feeding: Long suckles associated with appropriate rest periods				
Audible swallowing identified as an effective feeding cue				

Signs which indicate poor latch:

Standard identified	Comment	Yes	No	N/A
Clicking noises				
Baby falling on and off the breast				
Pain when feeding				
Hollowing of the cheeks				
Distorted or stretched breast tissue				
Leaking of milk around lips seal				
Misshapen nipple after feed				

Name of Assessor: _____

Assessor Signature: _____

Overall Comments:

Competency approved: Yes No

Please forward the completed form to the BFCI Co-ordinator of your Service