

Breastfeeding assessment form

Baby's name:

Date of birth:

Gestation at birth:

Date of assessment:

Baby's age:

Birth weight:

Last recorded weight:

on (date):

What to observe/ask about	Answer indicating effective feeding	✓	Answer suggestive of a problem	✓
Urine output	At least 6 heavy wet nappies in 24 hours		Fewer than 6 wet nappies in 24 hours, or nappies that do not feel heavy	
Appearance and frequency of stools <i>NB: Not a reliable sign beyond 4 weeks</i>	2 or more in 24 hours; normal appearance (i.e. at least £2 coin size, yellow, soft/runny)		Fewer than 2 in 24 hours or abnormal appearance	
Baby's colour, alertness and tone	Normal skin colour; alert; good tone		Jaundiced worsening or not improving; baby lethargic, not waking to feed; poor tone	
Weight (following initial post-birth loss)	Gaining weight		Static weight or continued weight loss	
Number of feeds in last 24 hours	At least 6 – 8 feeds in last 24 hours		Fewer than 6 feeds in last 24 hours	
Baby's behaviour during feeds	Generally calm and relaxed		Baby comes on and off the breast frequently during the feed, or refuses to breastfeed	
Sucking pattern during feed	Initial rapid sucks changing to slower sucks with pauses and soft swallowing		No change in sucking pattern, or noisy feeding (e.g. clicking)	
Length of feed	Baby feeds for 5 - 30 minutes at most feeds		Baby consistently feeds for less than 5 minutes or longer than 40 minutes	
End of the feed	Baby lets go spontaneously, or does so when breast is gently lifted		Baby does not release the breast spontaneously, mother removes baby	
Offer of second breast?	Second breast offered. Baby feeds from second breast or not, according to appetite		Mother restricts baby to one breast per feed, or insists on two breasts per feed	
Baby's behaviour after feeds	Baby content after most feeds		Baby unsettled after feeding	
Shape of either nipple at end of feed	Same shape as when feed began, or slightly elongated		Misshapen or pinched at the end of feeds	
Mother's report on her breasts and nipples	Breasts and nipples comfortable		Nipples sore or damaged; engorgement or mastitis	
Use of dummy / nipple shields / formula?	None used		Yes (<i>state which</i>) Ask why: Difficulty with attachment? Baby not growing? Baby unsettled?	

If any boxes in right-hand column are ticked it is essential to observe a full breastfeed and develop an individualised 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