

## BREASTFEED OBSERVATION AID

Mother's name \_\_\_\_\_ Date \_\_\_\_\_  
Baby's name \_\_\_\_\_ Baby's age \_\_\_\_\_

### Signs that breastfeeding is going well:

### Signs of possible difficulty:

#### GENERAL

##### Mother:

- Mother looks healthy
- Mother relaxed and comfortable
- Signs of bonding between mother and baby

##### Mother:

- Mother looks ill or depressed
- Mother looks tense and uncomfortable
- No mother/baby eye contact

##### Baby:

- Baby looks healthy
- Baby calm and relaxed
- Baby reaches or roots for breast if hungry

##### Baby:

- Baby looks sleepy or ill
- Baby is restless or crying
- Baby does not reach or root

#### BREASTS

- Breasts look healthy
- No pain or discomfort
- Breast well supported with fingers away from nipple
- Nipple protractile

- Breasts look red, swollen, or sore
- Breast or nipple painful
- Breasts held with fingers on areola
  
- Nipple flat, not protractile

#### BABY'S POSITION

- 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

- Baby's neck and head twisted to feed
- Baby not held close
- Baby supported by head and neck only
- Baby approaches breast, lower lip/chin to nipple

#### BABY'S ATTACHMENT

- More areola seen above baby's top lip
- Baby's mouth open wide
- Lower lip turned outwards
- Baby's chin touches breast

- More areola seen below bottom lip
- Baby's mouth not open wide
- Lips pointing forward or turned in
- Baby's chin not touching breast

#### SUCKLING

- Slow, deep sucks with pauses
- Cheeks round when suckling
- Baby releases breast when finished
- Mother notices signs of oxytocin reflex

- Rapid shallow sucks
- Cheeks pulled in when suckling
- Mother takes baby off the breast
- No signs of oxytocin reflex noticed

#### Notes: