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:	