Appendix 1

**Breastfeeding assessment tool: Neonatal**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **How you and your nurse/midwife can recognise that your baby is feeding well** | | | | | **\*please see reverse of form for guidance on top-ups post- breastfeed** | | | | | | |
| **Date and time** |  |  |  |  |  |  |  |  |  |  |  |
| **Your baby:** Is not interested, when offered breast, sleepy**(\*A)** |  |  |  |  |  |  |  |  |  |  | **Wet nappies:**  Day 1-2 = 1-2 or more Day 3-4 = 3-4 or more, heavier. Day 6 plus = 6 or more, heavy |
| Is showing feeding cues but not attaching **(\*B)** |  |  |  |  |  |  |  |  |  |  |
| Attaches at the breast but quickly falls asleep**(\*C)** |  |  |  |  |  |  |  |  |  |  |
| Attaches for short bursts with long pauses **(\*D)** |  |  |  |  |  |  |  |  |  |  |  |
| Attaches well with long rhythmical sucking and swallowing for a short feed (requiring stimulation) **(\*E)** |  |  |  |  |  |  |  |  |  |  | **Stools/dirty nappies:** Day 1-2 = 1 or more, meconium Day 3-4 = 2 (preferably more) changing stools By day 10-14 babies should pass frequent soft, runny stools everyday; 2 dirty nappies in 24 hours being the minimum you would expect.  Exclusively breastfed babies should not have a day when they do not pass stool within the first 4-6 weeks. If they do then a full breastfeed should be observed to check for effective feeding. However, it is recognised that very preterm babies who transition to breastfeeding later may have developed their individual stooling pattern before beginning to breastfeed, and therefore this may be used as a guide to what is normal for each baby. |
| Attaches well for a sustained period with long rhythmical sucking and swallowing **(\*F)** |  |  |  |  |  |  |  |  |  |  |
| Normal skin colour and tone |  |  |  |  |  |  |  |  |  |  |
| Gaining weight appropriately |  |  |  |  |  |  |  |  |  |  |
| **Your baby’s nappies:** Atleast 5-6 heavy, wet nappies in 24 hours |
| At least 2 dirty nappies in 24hrs, at least £2-coin size, yellow and runny |
| **Your breasts:** Breasts and nipples are comfortable |  |  |  |  |  |  |  |  |  |  | **Feed frequency:** Babies who are born preterm/sick may not be able to feed responsively in the way a term baby does. It is important that they have 8-10 feeds in 24 hours and they may need to be wakened if they don’t show feeding cues after 3 hours. During this time it is important that you protect your milk supply by continuing to express.  Being responsive to your baby’s need to breastfeed for food, drink, comfort and security will ensure you have a good milk supply and a secure, happy baby. |
| Nipples are the same shape at the end of the feed as at the start |  |  |  |  |  |  |  |  |  |  |
| Referred for additional breastfeeding support |  |  |  |  |  |  |  |  |  |  |
| **Date** |  |  |  |  |  |  |  |  |  |  |
| **Midwife / nurse initials** |  |  |  |  |  |  |  |  |  |  |
| **Midwife/nurse:** If any responses not ticked: watch a full breastfeed, develop a care plan including revisiting positioning and attachment and/or refer for additional support. Consider specialist support if needed. | | | | | | | | | | |  |