



Appendix 2

EFFECTIVE BREASTFEED CHECK

OBSERVE BABY FEEDING ON THE BREAST	YES(✓)	NO (✓)
C – Baby held C lose to mother		
H – Baby’s H ead able to tilt back		
I – Baby’s head and body i n a s traight line		
N – Baby’s N ose opposite the mothers N ipple		
Baby has <u>wide open mouth</u> with CHIN touching the breast first, with head tilted back		
More areola seen above the babies top lip than below the bottom lip (if areola seen)		
Baby has rounded cheeks		
Babies chin indenting the breast		
Rapid sucks followed by slow deep sucks with swallows		
Contented baby who stays on the breast continuing to demonstrate slow deep sucks and swallows for at least 15 minutes		
No nipple/ breast pain for mother		
Check that mothers’ nipples are round and not white, “pinched” or misshapen after a feed		

- If any ticks in the “NO” column, then support mum to adjust positioning and attachment, try skin to skin contact.
- If no improvement with attachment, then help mother with hand expressing and give baby expressed breast milk
- Observe baby’s vital signs (temperature, colour, breathing, responsiveness)