

# BREASTFEEDING: ENSURING A GOOD START

## Select the objective:

1. Observe a health worker supporting a mother for positioning and attachment.
2. Support a mother for better positioning, and improved attachment and answer any questions.

Mother's name: ..... Date: .....

Baby's name: ..... Age of baby: .....

Name of observer: .....

## SIGNS THAT BREASTFEEDING IS GOING WELL

## SIGNS OF POSSIBLE DIFFICULTIES

### GENERAL OBSERVATIONS

Mother looks healthy ..... ☐

Mother relaxed, comfortable,  
back supported ..... ☐

Signs of bonding between  
mother and baby ..... ☐

Mother looks ill or depressed ..... ☐

Specify .....

Mother looks tense and uncomfortable ..... ☐

No mother/baby eye contact ..... ☐

Baby looks healthy ..... ☐

Baby calm and relaxed ..... ☐

Baby reaches or roots for breast if hungry ..... ☐

Baby looks sleepy or ill ..... ☐

Specify .....

Baby is restless or crying ..... ☐

Baby does not reach or root ..... ☐

Breasts look healthy ..... ☐

No pain or discomfort ..... ☐

Breast well supported with fingers  
away from nipple ..... ☐

Breasts look red, swollen or sore ..... ☐

Breast or nipple painful ..... ☐

Breast held with fingers\* on areola ..... ☐

### 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 ..... ☐

## SIGNS THAT BREASTFEEDING IS GOING WELL

## SIGNS OF POSSIBLE DIFFICULTIES

### 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 does not touch 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 ..... ☐

*\* Some women do and it does not interfere with good attachment and breastfeeding. Observers should know that fingers on areola could obstruct the ducts if held too tightly.*

*When the mother is in a comfortable semi-reclined position, the baby is kept close to the mother in a ventral position by the force of gravity. The arms of the mother are free to move. In this laid-back position, attachment to the breast can be easier for the baby. However, any position in which the mother feels comfortable to breastfeed is completely acceptable.*

### Discuss together

What did you observe?

What was done well?

Problems identified?

Change needed?

**Complete QI template**