

BREASTFEEDING ASSESSMENT TOOL

Name: _____

Day: _____

Month: _____

	Your Baby	Yes	No
	Is having 8-12 (or more) feeds in a 24 hour period		
	Is generally calm and relaxed when feeding and content after most feeds		
	Takes deep, rhythmic sucks at the breast and you can hear audible swallowing		
	Generally feeds for between 5-40 mins and comes off of the breast spontaneously		
	Is alert and self waking for feeds		
	Has regained birth weight		
	Is having at least 6 heavy wet nappies in a 24 hour period		
	Is having at least 3 dirty nappies in a 24 hour period, at least the size of a £2 coin		
	Breasts and nipples are mainly comfortable, aside from some general sensitivity		
	Nipples are the same shape at the ends of feeds as they are at the start		
	Latching is going mainly well, with more good feeds than challenging ones		



This feeding assessment chart is designed to be used in babies from about 10-14 days onwards. If you have any concerns around feeding you can use this assessment to support a conversation with a health professional.

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