BREASTFEED OBSERVATION AID

Mother's name ___________________________ Date ____________
Baby's name ___________________________ Baby's age ____________

Signs that breastfeeding is going well:  

GENERAL  
Mother:  
☐ Mother looks healthy  
☐ Mother relaxed and comfortable  
☐ Signs of bonding between mother and baby

Baby:  
☐ Baby looks healthy  
☐ Baby calm and relaxed  
☐ Baby reaches or roots for breast if hungry

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:  

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