

Baby's ID label

Is your baby getting enough milk? Assessing effective milk transfer

To observe and ask about	Answer indicates effective feeding (✓)	Answer suggests a problem (X)					
Urine Output	*Wet nappies increase each day - 1 on Day 1, 2 on Day 2, 3 on Day 3, 4 on Day 4, up to Day 6. *From Day 6 - At least six heavy wet nappies in 24 hours	*Unsure if urine has been passed *After Day 2 - Urates (orange/red colour in urine) in nappy *After Day 6 - Fewer than 6 wet nappies in 24 hours, or nappies do not feel heavy.					
Appearance and frequency of stools	*Meconium passed. *By Day 3, stools changing to a lighter, runnier greenish stool *From Day 4 at least 2 yellow stools a day, size of £2 coin	*No meconium passed *Day 3 – still meconium (black/dark) *From Day 4 – stools not yellow or less than two per day					
Weight	At Day 3-5 – less than 8% weight loss	At Day 3-5 – more than 8% weight loss					
Baby's wellbeing	Normal skin colour; alert; good tone	Jaundiced worsening or not improving; baby lethargic; not waking to feed; poor tone (floppy)					
Number of feeds	At least 8-10 feeds in 24 hours (after 48 hours old)	Fewer than 8 feeds in the last 24 hours (after 48 hours old)					
Sucking pattern during feed	Initial rapid sucks changing to slower sucks with pauses and swallowing (may be less audible until milk comes in)	No change in sucking pattern, or noisy feeding (e.g. clicking)					
Length of feed	Baby feeds for 5 – 30 minutes at most feeds	Baby consistently feeds for less than 5 minutes or for longer than 40 minutes					
End of feed	Baby lets go spontaneously, or does so when breast is gently lifted	Baby does not release the breast spontaneously, mother removes baby					
Offer of second breast?	Second breast offered. Baby feeds from second breast or not, according to appetite	Mother restricts baby to one breast per feed, or insists on two breasts per feed					
Baby's behaviour during and after feed	Baby calm and relaxed during feed Baby content after most feeds	Baby comes on and off the breast during the feed, or does not latch at all Baby unsettled after feeds					
Shape of nipple after feeds	Same shape as when feed began, or slightly elongated	Nipple end misshapen at the end of feeds					
Mother's report on her breasts & nipples	Breasts and nipples comfortable	Nipples sore or damaged; engorgement or mastitis					
Use of dummy/nipple shields/artificial milk?	None used	Yes (<i>state which</i>) Explore why.					

Parents:

You could use this tool to assess if your baby is taking enough milk

If any X are entered for the red column it is recommended that you seek advice from your midwife or health visitor. You can also refer to the **'Breastfeeding Guidance'** leaflet for advice and details of support groups and helplines.

Staff:

Hospital—after 48 hours and/or prior to discharge home. Day 5 if still in hospital. Further assessments if required.

Community—at first visit, day 5 visit and prior to discharge from community care. Further assessments if required.

If any X are entered for the red column it is essential to observe a full breastfeed including revisiting positioning and attachment and feeding pattern. Develop an individual plan of care with reference to Prevention of excessive weight loss guideline. This assessment tool can then be repeated to reassess feeding.

For further advice contact the Infant Feeding Team
020 331 53017 (Mon-Fri)

Date					
Time					
Print Name Designation					
Sign					