

**B-R-E-A-S-T-Feed Observation Form**

**Mother's name: Date:**

**Baby’s name: Age of baby:**

(The signs in brackets below apply only to newborns and not to older children)

**Signs of a correct way of breastfeeding Signs of difficulties**

**(BODY) POSITION OF THE BODY**

□ Mother relaxed and comfortable □ Shoulders strained, leaning forward

□ Baby near the body facing the breast □ Body of the child away from the mother

□ Head of the baby and body straight □ Neck of the child ‘twisted’

□ Chin of the baby touching the breast □ Chin is not touching the breast

□ [Hand supporting the buttocks of the baby] □ [Supporting shoulder or head]

**RESPONSE**

□ The baby goes towards the breast if hungry □ No response to the breast

□ [The baby cries for the breast] □ [No cry observed]

□ Baby explores the breast with his tongue □ No interest of the child for the breast

□ The baby is calm and alert when suckling □ The baby is agitated or crying

□ The baby remains attached to the breast □ No signs of milk ejection

□ Signs of milk ejection □ [The milk flows, pain at the end]

**(LINK) EMOTIONAL**

□ Firm and confident support □ Nervous or loose support

□ Exchange of looks □ No exchange of looks

□ Mother touches the child □ The mother shakes and wakes the child

**ANATOMY**

□ Breast soft after suckling □ Engorged breasts

□ Nipples erectile and protractile □ Flat or inverted nipples

□ The skin looks healthy □ Redness or skin abrasions

□ The breasts are round during the suction □ The breasts appear elongated

**SUCTION**

□ Mouth wide open □ Mouth slightly open, ‘pointed’

□ Lower lip turned backwards □ Lower lip facing forward

□ Round cheeks □ Baby’s tongue non visible

□ Biggest part of the areola above the mouth □ Biggest part of the areola below the mouth

□ Suction slow and deep, with breaks □ Only fast suctions

□ Swallowing visible and audible □ Slap or rattling audible

**TIME OF SUCTION**

□ The baby leaves the breast by himself □ The mother takes the baby from the breast

□ The baby has suckled for minutes

**Note:**

*[Acknowledgements: Adapted from original by HC Armstrong. Save the Children would also like to acknowledge the support of the TOPS Micro Grant Program which was made possible by the generous support and contribution of the American people through the United States Agency for International Development (USAID). The original version of this document, and the other IYCF-E Toolkit documents, can be found at* [*https://resourcecentre.savethechildren.net/iycf-e*](https://resourcecentre.savethechildren.net/iycf-e)*]*