Breastfeeding Assessment Tool (BAT)

This assessment is performed on admission (when the infant’s mother arrives on the ward/unit) and once per 24 hours when an infant is feeding directly at the breast. The infant’s medical/surgical condition should be taken into consideration. Document the assessment outcome in the Breastfeeding Care Plan/Nursing Notes. If any responses in the pink column are ticked: watch a FULL breastfeeding, update the Breastfeeding Care Plan/Nursing Notes including revisiting positioning and attachment and/or refer to Breastfeeding Champion is required. Any additional concerns should be followed up as needed.

<table>
<thead>
<tr>
<th>24hour period</th>
<th>Wet Nappies</th>
<th>Stools</th>
<th>Wet Nappies</th>
<th>Stools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1-2</td>
<td>At least 1-2 (meconium) black/dark green</td>
<td>Day 5</td>
<td>At least 5-6 (heavy)</td>
<td>At least 2 (large), soft, yellow and seedy</td>
</tr>
<tr>
<td>Day 3-4</td>
<td>At least 3 (heavier)</td>
<td>green changing to yellow</td>
<td>Day 7+</td>
<td>At least 6 (heavy) (pale yellow/clear)</td>
</tr>
</tbody>
</table>

**Indication of effective feed (Green Indicators)**

1. Infants Urinary/Stool Output: As per table above
2. Infant Colour: Centrally and peripherally pink / Normal for infant’s condition
3. Infant Alertness: Alert when awake, wakes to feed, engages in the feeding process
4. Infant Tone: Good
5. Weight (post initial birth loss): No more than 7-10% of birth weight loss, regained birthweight by 2 weeks, otherwise gaining weight 30 – 35g per day
6. Number of Feeds: At least: 10-12 feeds in 24 hours (1st Week) 8-10 feeds in 24 hours (2nd-3rd Week)
7. Infants behaviour during feeds: Generally calm and relaxed
8. Infants Latch: Correct - full cheeks, lips flanged out, if any areola visible, more visible on top than bottom
9. Infant Position: Head, neck and body in alignment, ‘tummy to mummy’
10. Sucking/Swallowing Pattern during feeds: Starts with short sucks then longer sucks, pausing now and again (by Day 5) Strongly, slowly, steadily and swallowing often (audible)
11. Length of feeds: 5-40 minutes at most feeds
12. End of feeds: Infants let go spontaneously, or when breast is gently lifted
13. Offered 2nd Breast: Offered 2nd breast but may or may not feed depending on appetite
14. Infants behaviour after feeds: Content after most feeds
15. Shape of nipples at the end of the feed: Same shape when feed began or slightly elongated
16. Mothers report of her breasts & nipples: Breast and nipple comfortable
17. Use of soothe/ nipple shield/formula: None used

**Answer suggests a problem (Pink Indicators)**

1. Not within the tables limits above
2. Jaundice worse or not improving
3. Lethargic to feed, not waking to feed
4. Poor
5. Weight loss greater than 10%, gaining less than 30g per day
6. Fewer than 8 feeds in last 24 hours
7. Infant comes on & off breast frequently during the feed or refuses to breastfeed
8. Incorrect - sunken cheeks, lips flanged in, minimal amounts of areola in mouth
9. Gap between mother & infant, head, neck and body not in alignment
10. No change in sucking pattern or noisy feeding (eg: clicking)
11. Feeds for less than 5 minutes or longer than 40 minutes
12. Mother restricts infant to one breast per feed or insists on two breasts per feed
13. Unsettled after feeds
14. Misshapen or pinched at the end of feeds
15. Nipples sore or damaged; engorgement or mastitis

Adapted from UNICEF UK Baby Friendly Initiative 2010 and Guidelines for mothers HSE 2015

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