

Breastfeeding Assessment Tool (BAT) (Mothers Version)

Full Name:

Address:

HCRN:

DOB: ___ / ___ / _____

This is a breastfeeding assessment tool to guide you while your baby is breastfeeding in OLCHC. Your nurse will perform this assessment daily. The 'Green Indicators' mean that breastfeeding is 'going well'. The 'Pink indicators' may suggest a breastfeeding problem. If any 'pink indicators' are present: ask your baby's nurse to watch a FULL breastfeed, and get their advice about how to resolve the breastfeeding problem. Your baby's medical/surgical condition should be considered.

24 HOUR PERIOD	WET NAPPIES	DIRTY NAPPIES		WET NAPPIES	DIRTY NAPPIES
Day 1-2	At least 1-2	At least 1-2 (meconium) black/dark green	Day5	At least 5-6 (heavy)	At least 2, soft, yellow and seedy
Day3-4	At least 3 (heavier)	At least 2, green changing to yellow	Day 7+	At least 6 (heavy) (pale yellow/clear)	At least 2 (large), soft, yellow and seedy

Yes = √ No = X	Indication of effective feed (Green Indicators)	Answer suggests a problem (Pink Indicators)
Baby's Wet/Dirty Nappies	As per table above	Not within the tables limits above
Baby's Colour	Lips, arms and legs are pink / Normal for your baby's condition	Jaundice (Tan, Yellow skin colour) worsening or not improving
Baby's Alertness	Alert when awake, wakes to feed, engages in the feeding process	Too tired or sleepy to feed, not waking to feed
Baby's Tone	Good	Poor
Weight (after initial birth loss)	Babies may lose about 7% of birth weight in first 3 days after birth. From Day 4 onward your baby will start to gain weight, regained birth weight by 2 weeks, otherwise gaining weight 30-40g per day	Weight loss greater than 10%, gaining less than 30g per day
Number of Feeds	At least:- 10-12 feeds in 24hours (1 st Week) 8-10 feeds in 24hours (2 nd -3 rd Week)	Fewer than 8 feeds in last 24 hour
Baby's behaviour during feeds	Generally calm and relaxed	Baby comes on & off breast frequently during the feed or refuses to breastfeed
Baby's Latch	Correct - full cheeks, lips flanged out, if any areola visible, more visible on top than bottom	Incorrect - sunken cheeks, lips flanged in, minimal amounts of areolar in mouth
Baby's Position	Head, neck and body in alignment, 'tummy to mummy'	Gap between mother & baby, head, neck and body not in alignment
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)	No change in sucking pattern or noisy feeding (eg; clicking)
Length of feeds	5-40 minutes at most feeds	Feeds for less than 5 minutes or longer than 40 minutes
End of feeds	Baby let go spontaneously, or when breast is gently lifted	Baby not releasing breast spontaneously, mother removing infant
Offered 2 nd Breast	Offered 2 nd breast but may or may not feed depending on appetite	Mother restricts baby to one breast per feed or insists on two breasts per feed
Baby's behaviour after feeds	Content after most feeds	Unsettled after feeds
Shape of nipples at the end of the feed	Same shape when feed began or slightly elongated	Missshapen or pinched at the end of feeds
Mothers breasts & nipples	Breast and nipple comfortable	Nipples sore or damaged; engorgement or mastitis
Use of soother/nipple shield/formula	None used	Yes - explore why; attachment difficulty? Baby not growing? Infant unsettled?

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

Every breastfeed makes a difference. Your breast milk gives your baby all the nutrients they need for around the first 6 months of life. Your breast milk continues to be an important part of their diet, as other foods are given for up to 2 years of age and beyond.