



Observe a colleague supporting a new mother with breastfeeding.

Record Yes or No for each expected support point.

Date:		Name of Observer:	
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Equipment required:

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| 1. Real baby and mother/ manikin & assistant | 2. KMC wrap/tie | 3. Cap | 4. Breast feeding observation tool |
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NO.	INDICATOR	Yes	No
Communicates with mother			
1.	Introduces herself		
2.	Asks how mother is and if she has any concerns		
3.	Explains that she will assist her with breast feeding		
Supports mother in breastfeeding baby (Using Breast feeding observation tool if necessary)			
4.	Washes hands		
5.	Identifies baby-checks ID band information		
6.	Ensures mother is comfortable and supported in any position mother chooses		
7.	Baby should not be crying		
8.	Assists/advises mother on how to position baby (baby's body & head straight- supported by mothers whole arm & facing mother with nose opposite nipple)		
9.	Mother cups breast in her palm with thumb above the nipple (C-hold)		
10.	Advises mother to touch her nipple to baby's lips to elicit rooting reflex (baby opens mouth and turns towards nipple)		
Assesses attachment and feeding-Advises and supports mother to ensure that:			
11.	Baby's mouth is wide open and tongue is down		
12.	Baby takes nipple and areola into the mouth –with more areola visible above the mouth than below		
13.	Baby's bottom lip is curled out and chin touching breast with nose free		
14.	Clear jaw movement with slow deep sucks & pauses to breath		
15.	Baby empties the breast before moving to the other breast.		
16.	Mother is comfortable/pain free		
17.	Mother breaks sucking seal by sliding finger into baby's mouth		
Supports mother and baby post breast feeding			
18.	Winds baby in between and after feed particularly if baby is sleepy and tongue at top of the mouth with bluish tinge to lips		
19.	Gives feedback to mother regarding the breast feed		
20.	Advises that baby should feed on demand. This may be as frequently as every half hour-no longer than 3-4hrs.		
21.	Secures baby in skin to skin position		
22.	Washes hands		
Totals			
Yes total /22			
Final Percentage x 100 =			%