

Breastfeeding Assessment Tool



Safe Haven
SAULT STE. MARIE

Baby's Name: _____
Parents: _____
Baby's Date of Birth: _____
Birthweight: _____

My Goals for feeding my baby are:

If feeding is not going as you expected, or if something seems "off" about the experience, please do not delay in contacting your Lactation Consultant.

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☺ Breastfeeding is going well when:	☹ Breastfeeding is not going well when:
Baby is feeding at least 8 times a day (24 hours) or more	Your baby is difficult to wake, and feeds less than 6 times per 24-hour period
Your baby is feeding for a minimum of 5 minutes, on each side at each feeding session	Baby is feeding for less than 5 minutes on each side and/or consistently takes longer than 40 minutes to fully feed
Your baby has pink skin color (not yellow)	Baby is always falling asleep at the breast/ never finishes feeds
Your baby has no blood-tinged urine (uric acid crystals) in their diaper	Baby appears jaundice (yellow skin) after day 3
Baby has plenty of wet and soiled diapers	Baby is not wetting or soiling diapers
Your baby is calm and relaxed for most of the feeding session and following	Baby is hard to keep on the breast, most of the feed is latching and re-latching
Breastfeeding is comfortable	Breastfeeding is painful and/or I have nipple damage
You can hear your baby swallowing or see baby swallowing during feeds	I do not know if my baby is swallowing milk

NOTE: If your baby is unable to wake, please **STOP** and call **EMS** immediately 9-1-1