

Supporting Breastfeeding

Nursing

Positioning, attachment and the signs a feed is going well, plus when to refer.

Support, observe a full feed, and refer early rather than reassure vaguely.

Signs of good attachment

Wide gape before the baby is brought on

More areola visible above than below

Chin touching the breast, nose clear

Cheeks full and rounded, not drawn in

Rhythmic sucking with swallowing heard

Feeding is comfortable for the mother

Feeding is going well when

The baby feeds responsively, day and night

Wet and dirty nappies increase as expected

Weight follows an expected pattern

The baby is alert and settles after feeds

The mother is not in pain

Educational reference. Feeding decisions belong to the parents and are supported without judgement. Refer concerns to specialist support.