



COLLEGE OF NURSING UNIVERSITY OF THE PHILIPPINES MANILA



N13 Skills Checklist Breastfeeding Technique Prepared by: Prof. Efrelyn A. Iellamo, MAN, RN

Student's Name: _____

Date: _____

Instructions: Check the appropriate column below based on student's performance or non-performance of expected skill. Any comments may be written on the last column.

PROCEDURE	YES	NO	REMARKS
1. Wash hands			
2. Explain the breastfeeding procedure to the mother, its' importance and benefits to both the mother and the child			
3. Asked client which breastfeeding position they prefer a. Cradle hold b. Football hold c. Cross cradle hold d. Side-lying			
4. Assist the client to a comfortable position <i>Sitting</i> a. Make the mother relax her back on the back rest of the chair b. Ensure that the arms are relax on the arm rest or put pillow on the lap and/or arms to provide support during feeding if necessary c. Provide foot rest in order to support the feet and legs in order to give comfort to the lower body of the mother d. (OPTIONAL) Additional pillow can be place under the sacral portion in order to alleviate pressure as well as the back of head area if needed <i>Lying</i> a. Assist the mother in the most comfortable side lying position, facing her baby b. Provide pillow on the head portion to elevate the head of the mother and provide utmost comfort while feeding c. (OPTIONAL) Additional pillow at the back and legs can be placed to ensure clients comfort			
5. Assess the mother's breast for any lesion or untoward swelling, nipple inversion, other breast/areola and nipple condition.			
6. Assist the mother in putting the baby in the preferred position, keeping in mind the 4 key points of positioning a baby onto the mother's breast a. Position the baby's head and body in a manner that it's align with one another b. Hold close the baby onto the mother's body c. Support the baby's head especially the head and neck d. Baby approaches the breast, nose to nipple			
7. Instruct the mother on proper attachment emphasizing the 4 key points of attachment a. More areola should be seen above the baby's top lip than			



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below bottom line			
b. Baby's mouth should wide open			
c. Lower lip is turn outward			
d. Allowing baby's chin to touch the breast			
8. Monitor the mother and baby's status as they continue on the process of breastfeeding			
9. Document			

Faculty Signature

baf_3/2015