

Skills Competency

Observing, assessing and assisting breastfeeding

Competency 9 & 12 and Step 5 addresses assisting with latch and position including the mother/parent of a low-birth-weight or sick baby. The following are the performance indicators that measure the staff competency or ability:

Evaluate a full breastfeeding session observing at least 5 points.	Demonstrate at least 3 aspects of how to help achieve a comfortable and safe position for breastfeeding within the first 6 hours after birth and later as needed during the hospital stay.	Demonstrate how to help achieve an effective and comfortable latch, noting at least 5 points.
Help achieve a comfortable and safe position for breastfeeding with a preterm, late preterm, or weak infant at the breast, noting at least 4 points.	Engage in a conversation with a mother/parent of a preterm, late preterm or vulnerable infant (including multiple births) regarding the importance of observing at least 2 subtle signs and behavioural state shifts to determine when it is appropriate to breastfeed.	Engage in a conversation with a mother/parent of a preterm, late preterm, or low-birth-weight infant not sucking effectively at the breast, including at least 5 points.

Skills displayed	Yes/No	K, S, A	Supervisor's comments
Prepared for the consultation <ul style="list-style-type: none"> Reviewed breastfeeding notes Prepared teaching aids Confident using Breastfeeding Assessment Tool 			
Described to Supervisor: <ul style="list-style-type: none"> Principles of positioning Enabling effective latch Normal sucking patterns 			
Used effective communication skills throughout			
General observation <ul style="list-style-type: none"> of dyad interactions state of mother/parent appearance of breasts and nipples state of the infant 			
Naturalistic observation. Noted <ul style="list-style-type: none"> maternal and infant position how infant achieved latch sucking pattern Asked mother/parent how it felt Highlighted and praised what was right 			
Identified any necessary changes and discussed these with mother/parent <ul style="list-style-type: none"> using simple language using teaching aids involved mother/parent in the process observed improvement through to end of feed 			
Confirmed mother's/parent's understanding of positioning, latch and milk transfer			
Completed documentation as appropriate			

Knowledge – what to do; Skills – how to apply Knowledge; Attitude – Know when to apply skills within an appropriate ethical framework